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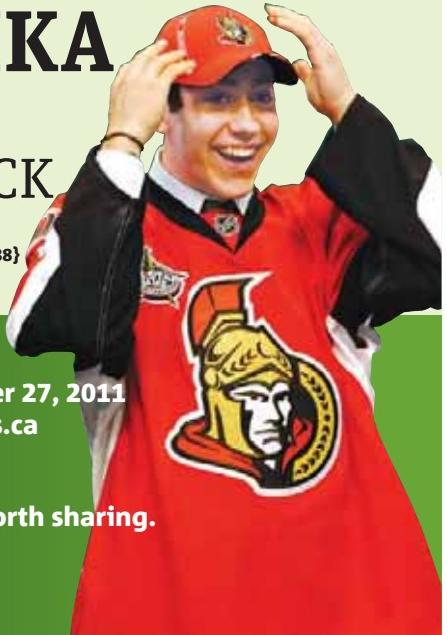
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BANISH WINTER BLUES
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TA-TA, MIKA
SENS SEND
ZIBANEJAD BACK
TO SWEDEN {page 38}



OTTAWA

metro

Thursday, October 27, 2011
www.metronews.ca



News worth sharing.

Ottawa bus fares and taxes are on the move – upward

► City to borrow extra \$125 million to finance accelerated roadwork ► Transit fares to go up 2.5% next summer after city cut \$20 million from the system ► 2.39% property-tax increase will add \$75 for average urban home



JESSICA
SMITH
@METRONEWS.CA

Mayor Jim Watson is promising improvements to OC Transpo, roads and cycle paths in the 2012 budget, with a tax increase of 2.39 per cent.

"Budget 2012 restricts the annual increase to 2.39 per cent for the coming year — the lowest rate in five years," Watson said yesterday in a speech at city hall.

The draft budget can be changed through a consultation process before it is approved in the new year, but Watson asked councillors and city staff to respect the budget framework introduced yesterday.

The tax hike notwithstanding, Watson touted the city's ability to save money.

"Management and council led by example last year, cutting office budgets, freezing compensation for elected officials and reducing

discretionary spending across the board," he said. "I am proposing that these measures stay in place this year."

Watson said the number of city staff shrank last year, for the first time since 2004, by the equivalent of 74 full-time positions, worth \$3.4 million.

No one will be laid off as a result, but some people will be moved and retrained, city manager Kent Kirkpatrick said.

After the speech, many councillors said they believe their constituents would be happy with the 2.39 per cent increase because it's less than the 2.5 per cent year-over-year hike that Watson has been promising to meet or beat since his election campaign last year.

"We promised we'd stay under 2.5 per cent and we've come in at 2.39 per cent, which is really good news," said Coun. Tim Tierney of Beaconsfield-Cyrville.

"It's a good-news budget and I'm very happy with it."



► Getting Ottawa moving through investments in transit and roadwork is a central theme in the draft budget. But it all comes with a price tag. For more coverage on roadwork, police and transit budgets, and the mayor's strong words for developers, see page 3.



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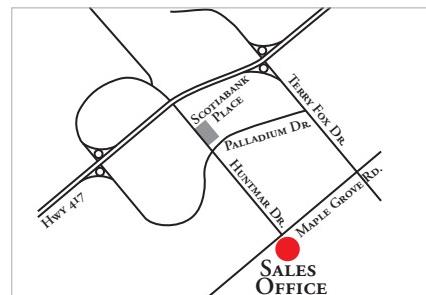
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Police to meet tax increase cap

The Ottawa Police Service will be able makes ends meet with a 2.5 per cent increase to their share of property tax, according to their draft 2012 budgets tabled Wednesday morning.

If approved, the 2012 net operating budget will be \$246.7 million — \$9.3 million more than 2011,

representing a tax increase of \$13 per year for the average urban household, police officials said.

The service expects an \$8.6 million increase in compensation for its 1,363 officers and 583 civilian members — but that number is an estimate because collective agreements with the Ottawa Police Associa-

tion and the Senior Officers Association expired in January 2011 and new agreements are under negotiation.

"Human resource costs in policing, when all you provide is human resource response is a pressure on us all the time," said Chief Vern White, adding he is not part of the labour

talks.

Staffing costs make up 84 per cent of the gross operating budget and the police service is not planning to expand staffing until 2015. Until then, the service will conduct a review to make sure resources are deployed in the most effective way, said White.

● JESSICA SMITH



► The police budget is set to go up by \$9.3 million

Transit gassed up with cash

► But the mayor says that doesn't mean council cut too deep in the past ► Fare hike for next summer

 JESSICA SMITH
@METRONEWS.CA

The city will put an extra \$5.5 billion into OC Transpo's 2012 budget after cutting nearly \$20 million with the route optimization plan this fall.

Mayor Jim Watson and Transit Commission Chair Diane Deans both said the new money doesn't mean the city cut too deeply.

"We always said we'd be tweaking when we go through this massive change in routes and structure and so on," said Watson. "The fact of the matter is passenger rates are increasing, which is a good thing, but some routes are still overcrowded."

After the changes, riders and councillors complained about dangerously overcrowded buses.

"Budget 2012 provides a targeted \$2.3 million in

"You're always jam-packed. I have two kids, I have strollers and (drivers) always tell me to wait for the next bus. Then the next bus comes, 'Oh, wait for the next bus.'"

TRANSIT RIDER JESSYCA LAMARRE

funds to boost capacity on routes such as the 87, 94, 95 and 96, that we have all heard from passengers about," said Watson, in his budget speech.

The changes that come as a result of the \$2.3 million will start to take effect, and reduce bus congestion, in January, even though the money isn't budgeted until the next fiscal year begins, said Deans. OC Transpo officials are to present a plan to ease overcrowding.

After the changes, rid-



► OC Transpo riders wait for their ride at a stop on Slater Street Tuesday. While the city is touting new money to ease packed buses, the idea of an increase in fare prices got a lukewarm response from riders.

ing before year end.

OC Transpo will also decide how to implement a 2.5 per cent fare hike with a new fare table that will likely take effect next summer, said Deans.

The idea of a increase

didn't sit well with some riders.

"The bus pass for adults is already \$100. I'd rather take the \$100 and put it in gas. There are lot of people that's not going to the bus anymore if it goes

(up)," said Jessyca Lamarre.

● WITH FILES FROM JOE LOFARO

.....
For more on the budget, visit metronews.ca/ottawa

Developers get an earful

Mayor Jim Watson put the city's developers on notice yesterday morning, dedicating a sternly worded section of his budget speech especially to them.

"Understand me clearly, these next sentences are for the developers and builders listening. Some are treating zoning and community design plans

as mere suggestions, and that will end," he said. He added, though, that environmentally-friendly projects will get an easier time with approvals.

It's a welcome change, said College Ward Councillor, and Planning Committee member, Rick Chiarelli, who added the message is directed to planning staff, as well.

When planning staff bring recommendations to committee it usually passes, because it carries their "expert opinion," Chiarelli said.

"And if it doesn't pass, that report becomes the evidence used against us at the (Ontario Municipal Board) OMB, and chances are we'll lose there."

● JESSICA SMITH

Cash will hit the roads

Expect roadwork over the next three years as the city spends more than \$340 million over the next three budgets on roads, bridges, sidewalks and bike lanes as part of a project dubbed Ottawa on the Move.

To complete the projects, the city will take on an extra \$125 million

in tax-supported debt.

Mayor Jim Watson cited a "perfect storm" for launching the project now: current cheap interest rates and a need to get roadwork done before Canada's 150th birthday and construction for the LRT, which begins in 2014.

● JESSICA SMITH



A recent scientific breakthrough might be enough to persuade George H.W. Bush to reconsider his stance on broccoli. Scan the code.

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In an emotional plea, Rick Mercer calls on gay public figures to 'make it better now' for gay youth. Video at metronews.ca/video

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Donation to help CHEO treat suicidal youth

► Children's hospital had 220 attempted suicides in emergency in 2010



JOE LOFARO
@METRONEWS.CA

Mental health research at the Children's Hospital of Eastern Ontario (CHEO) is getting a \$500,000 boost after receiving a \$250,000 donation from Scotiabank yesterday.

The CHEO Foundation will match Scotiabank's donation. The funds will help advance mental-health research and patient-care treatment programs at CHEO for youth who are suicidal.

CHEO's Big Steps fundraising campaign chair Charles Ofori-Attah, said the donation is poignant after the recent

teen suicides of Daron Richardson and Jamie Hubley. He said the work done by CHEO's chair of child and mental-

health research, Dr. John Lyons, will help get a dialogue going about mental health.

"We can't be keeping it in the shadows, we can't be sweeping it under the rug," said Ofori-Attah. "The research being done by Dr.



► CHEO's fundraising chair Charles Ofori-Attah.

Lyons is going to bring it to the forefront."

The mothers of Daron Richardson and Jamie Hubley sat next to each other at the announcement Tuesday. Jamie's mother, Wendy, wore a rainbow-coloured ribbon and a uni-

1 in 5

Research says one in five children have a mental illness and only one in six receive mental-health services.

corn pin on her shirt.

Daron's mother, Stephanie Richardson, said she's hopeful research will advance the understanding of suicide and will lead to more effective treatment for youth.

"From the bottom of our purple hearts, thanks so much for caring and helping us transform youth mental health," she said.

60 seconds



► Babes for Breasts founder Ana Miura.

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● METRO

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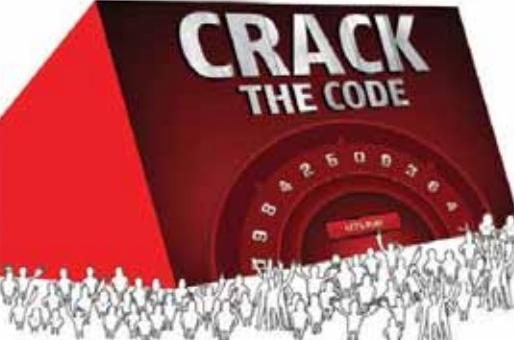
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Rina's ready to rage, but who's scared?

► 'I'll go to the bar,' tourist says as hurricane targets Mexico resorts

Fishing towns were evacuated and schools closed on Mexico's Caribbean coast yesterday as Hurricane Rina took aim at Cancun and the island of Cozumel.

Cruise ships shifted their routes in the face of expected storm surges, waves and heavy rains.

Officials said they were readying shelters that could handle nearly 200,000 people.

Many tourists were leaving — but some were planning to ride out Rina.

"I'll go to the bar," said Douglas Baird, 40, of Glasgow, Scotland.

Wendy Powers, a 49-year-old from Louisiana,

Rina's rage

► Rina packed winds of about 175 kilometres an hour yesterday, according to the U.S. National Hurricane Center, making it a Category 2 storm.

said she wasn't worried.

"We had Katrina and we survived it," Powers said.

"If the one coming here is a Category 1 or 2, we could have a beach party."

The area was ravaged by Hurricane Wilma in 2005, when Cancun's famous white-sand beaches were largely washed away.

THE ASSOCIATED PRESS



THE ASSOCIATED PRESS

Italy lashed by killer floods

Torrential rains have lashed Italy from its northern Alps to the southern island of Sicily, causing flash floods that killed at least nine people and left six others missing, officials said yesterday. Roads and bridges were swept away and several towns in Liguria were cut off from the outside world. Rome was under a flood alert.

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Quake wipes out his family

Murat Sonmez's mother, wife and four daughters were crushed to death in their home by Turkey's earthquake.

"God gave them, God took them away," Sonmez said yesterday.

"I can't describe my pain," he said as he stood by a levelled building.

Elsewhere in Ercis, the town hit hardest by the quake, two teachers and a

Hundreds killed

► The 7.2-magnitude earthquake struck eastern Turkey on Sunday, killing at least 461 people.

university student were rescued from wreckage yesterday. But hopes of finding anyone else alive were rapidly fading.

THE ASSOCIATED PRESS



BURHAN OZBILICI/THE ASSOCIATED PRESS

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Sex trade is a family business

► Son introduced prospective employees to mom after working with them at phone help line for troubled teens



JAMES TURNER
@METRONEWS.CA

A Winnipeg mom met prospective new sex-trade employees for her brothel through her son, who befriended them after working with them at a telephone chat line for troubled youth, a Manitoba court has heard.

Police and justice officials uncovered this and other surprising details about the city's sex-trade after being tipped to probe activities at the now-shuttered bordello on a quiet Wolseley street in June 2009.

"She preyed on no one. What she did was illegal, yes. But she tried to provide a safe environment for those who chose to participate."

EVAN ROITENBERG, LAWYER

A 48-year-old mother of two pleaded guilty yesterday to running a bawdy house. The Crown dropped other charges, including a count of corrupting children. The criminal case against the woman's ex-husband was also quashed.

A publication ban prevents publishing any information identifying people at the heart of the high-profile case, including the woman's children, who were 11 and 17 at the time of her arrest and lived in the home. A system was in place to ensure the younger child wasn't there when clients visited, court heard.

Following two weeks of surveillance, a police raid led to the seizure of business records showing the woman employed upwards of 12 sex-trade workers across various periods starting in early 2008.

The records included schedules of workers' various shifts, along with financial ledgers and Internet chat logs.

BY JAMES TURNER

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Winter. Storm

► Mitch Buthod of the Boulder Forestry Dept. clears large limbs from the yard of a home in Boulder, Co., yesterday.

PAUL AIKEN/THE DAILY CAMERA/ASSOCIATED PRESS

Power knocked out

A winter storm knocked out power to at least 62,000 homes and businesses along the Front Range yesterday. The area from Boulder north to Larimer County has received most of the snowfall in the eastern half of the state.

Quebec will not bite bullet on gun registry

The Harper government's plan to not only kill the long-gun registry but subsequently bury its data has run into resistance in Quebec, which wants to bring the controversial program back from the dead.

The provincial government says it intends to keep using the gun registry on its territory and will fiercely oppose plans to destroy the data.

Speaking at a news conference in Quebec City, Public Security Minister Robert Dutil yesterday refused to rule out legal action among his options.

A spokesman later explained that the province's Plan A is to maintain a respectful dialogue with Ottawa and negotiate a mechanism to save the records. If that fails, Plan B options will be weighed. THE CANADIAN PRESS

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China puts limits on reality TV

- Government says shows are ‘overly entertaining’
- Viewer voting seen as too similar to Western elections

China plans to limit reality TV shows and other light entertainment fare shown on satellite television stations as part of a drive to wrest back Communist Party control over cultural industries that are fuelling more independent viewpoints.

The order from the State Administration of Radio, Film and Television, known as SARFT, refers to shows that are vulgar or “overly entertaining.”

The changes aim to “meet the public’s demand for varied, multilevel, and high quality viewing,” said the order, published yesterday.

“Satellite channels are mainly for the broadcast of news propaganda and should expand the proportion of news, economic, cul-

Cracking down

The government order singles out programs dealing with marital troubles and matchmaking, talent shows, game shows, variety shows, talk shows and reality programming.

Such shows must be largely phased out by the beginning of next year by the country’s 34 satellite TV stations, to be replaced with news and cultural programming.

tural, science and education, children’s, and documentary programming,” the order said.

The order follows a Communist Party meeting last week that asserted the need

for strengthening social morality and boosting China’s cultural influence abroad — a recognition by the party that it is losing its power to dictate public opinion. Social media, especially hugely popular microblogs that encourage individuals to generate content, are also being targeted by government censors.

The restrictions had been expected for some time and media reports said stations were already tailoring their programming to conform. Most were already cutting contest shows in which viewers vote for their favourite contestant, a concept frowned on by party cadres who don’t permit competitive elections or other facets of Western-style democracy.

THE ASSOCIATED PRESS

5-year-old driver calls police

Authorities say a five-year-old looking for her mother backed a car out of the driveway, then called police dispatchers for help.

Mansfield, Ohio, police say Ameleah Kegley backed the car out Monday evening after returning from school to an empty house.

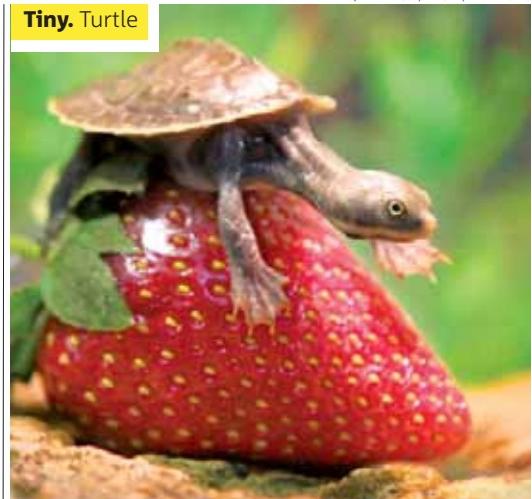
According to the Mansfield News Journal newspaper, her mother had gone to the hospital with an emergency and her father never got the message.

Worried that her mother wasn’t home, Ameleah decided to look for her. She backed her mother’s car down the sloped driveway, and it came to a stop on grass across the street.

The girl dialed police dispatchers, explained the situation and asked for quick help getting the car back home because she said her mom would be upset with her.

THE ASSOCIATED PRESS

Tiny. Turtle



Berry small reptile

AUSTRALIA. He may be the size of a small coin but Squirtle the turtle still appears to have a big sweet tooth.

The baby eastern long-necked turtle was caught climbing this fruit at Go-winta Farms, a large strawberry farm near Brisbane, Australia, just as the growing season was drawing to an end.

● METRO WORLD NEWS

Eastern long neck

- 2.8 centimetres: The diameter of a baby eastern long-necked turtle’s shell.
- Their shells grow to 25 centimetres, and their necks are the same length.
- Odorous weapon. They emit foul-smelling fluid from “musk glands,” giving it a nickname: “stinker.”

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The dark world of Mexico's cops

► Policing in Monterrey, Mexico, has become risky business ► This year so far, 100 officers have been killed
 ► Metro delves into the world of Mexico's law enforcers and spends a day with them to learn how they work



METRO WORLD NEWS IN MONTERREY, MEXICO

Being a cop in Monterrey is considered a high-risk profession. The police in the capital of Mexico's northeastern state of Nuevo León receive constant death threats from drug-gang members and then do battle with them on the streets. Some extort money from citizens to make up for their meagre wages. Others receive payments from traffickers and become a halcón, or hawk, a kind of cartel informant.

If a cop doesn't comply with warring narcotic cartels, he'll be targeted and removed. So far this year, 100 law enforcers have been killed either by gunfire or grenade explosions.

At 7 p.m., we join a squadron in a local police station in downtown Monterrey. The team of three men and a woman begin patrolling Vista Hermosa, the Jewish quarter of the city until 7 a.m. At the doors to a convenience store, the guards stand on duty while eating some snacks. They carry high-calibre weapons and are protected by bulletproof vests. They drive an amped-up pickup truck.

Drinking on the street, grand and petty theft, damage to personal and commercial property and carrying weapons are the most common crimes in



► Being a police officer is a dangerous profession in Mexico, as cops receive constant death threats from drug-gang members. Inset: Attacks on police are now commonplace.

"I'd like to see a militarization of the police force. It's time to allow the army to patrol the streets of our cities"

ERVEY CUELLAR, MEMBER OF THE CITIZEN'S COUNCIL FOR PUBLIC SECURITY FOR THE STATE OF NUEVO LEÓN

one night. On a quiet night, this station receives up to seven complaints of grand theft auto.

Back at the convenience store, we notice that the law enforcement officials are calm and chat among themselves. And yet, clientele to the convenience store look restless and agitated by the presence of the police, undoubtedly due to the bad image they have earned over the years, either because they are easy targets for criminals to shoot at, or because they are easy pawns for drug traffickers to exploit and use.

Last February, Homero Guillermo Salcido Treviño, head of intelligence for Nuevo León state, was found dead, his body in a

2,400

Number of uniformed police officers working in Nuevo León. Monthly salaries for law enforcers are set on average at 15,500 pesos or \$1,160.

truck that caught fire in the centre of Monterrey — after he was kidnapped by two fellow officers.

"The worst thing is you do not know which of your colleagues is selling you out to the bad guys," said one of Treviño's relatives.

In truth, it appears what comes out of your pocket could be the real difference between life or death, as we found out in our night in the police station's jail cells.

rey metropolitan area drivers can get rid of the penalties for drunk driving for up to \$8, bribing a San Pedro traffic official becomes an impossible mission.

4 Out of 100 times police filed a report, 10.3 times the citizens paid a fee. On average they pay up to \$13. More than 200 million acts of corruption reportedly occurred last year at all government levels, costing Mexicans \$2.4 billion.

Police corruption

1 In the San Pedro district of Monterrey, those arrested for drinking-and-driving offences can accelerate the processing of their case by paying law enforcers a small fee. Foreign nationals, however, are exempt from this processing to avoid diplomatic confrontations and are released immediately.

2 Up to \$150 in cash is what detainees have to pay upfront to avoid a



night in the cells.
 3 While in some municipalities in the Monter-

Field notes

A NIGHT IN THE CELLS

From the first minute I knew I was going into the local police station in downtown Monterrey my nerves went wild. By the back entrance, prisoners arrive, mostly for minor offences or positive alcohol tests.

Out of a group of two men and one women, all of whom seem to be friends, one man is free to go. The 30-something was told his friends could be set free if they each pay \$150. If not, 12 hours in the cells.

Beside the front door of the police station is an ATM from where he could get the money.

The police do not lose sight of the guy. He pays the fine; however, the police ask him to accompany them. They go down to the basement.

There, another officer asks for an increase in payment to speed up the release of his friends.

"How much is it?" the guy asks. "How much do you have?" the policeman replies.

The young man offers \$37, but the police say they will not accept anything less than \$225.

Again the police escort him to the ATM and ask if he has more money.

The man says his account has reached the limit and he can't withdraw more cash. In the end, the 24-year-old girl is set free. It takes two hours for the second guy to be released.

EDITOR'S NOTE: FOR SECURITY REASONS, METRO MEXICO DOES NOT USE REPORTER BYLINES ON STORIES ON THE WAR ON DRUGS

Two surveys, same dread from consumers

► Consumer confidence hits lowest level since 2009, representing the fifth decline over the last six months

Consumer confidence has dipped to levels last reported two and a half years ago during the depths of the recession, as Canadians grapple with higher everyday costs, record debt and fears of another major downturn.

The Conference Board of Canada said yesterday that its index of consumer confidence fell 3.3 points to 71.8. The index, based on a survey conducted this month, is measured against a reading of 100 in 2002.

The drop overshadows a slight improvement in September after a dismal report in August.

A separate survey released yesterday by the Royal Bank of Canada garnered the same results.

Both indicators come as Canadians deal with higher prices for gasoline, food and clothing, not to mention record debt loads spurred by ultra-low interest rates, as well as stock market turmoil that has eroded nest eggs amid signs of slowing economic growth.

"If you look at the economic environment of late and all the doom and gloom out there and talk of double-dip recession and Europe default and the like, obviously consumers are picking up on that negative sentiment," said Craig Wright, chief economist at RBC.

Economists watch consumer confidence closely because household spend-

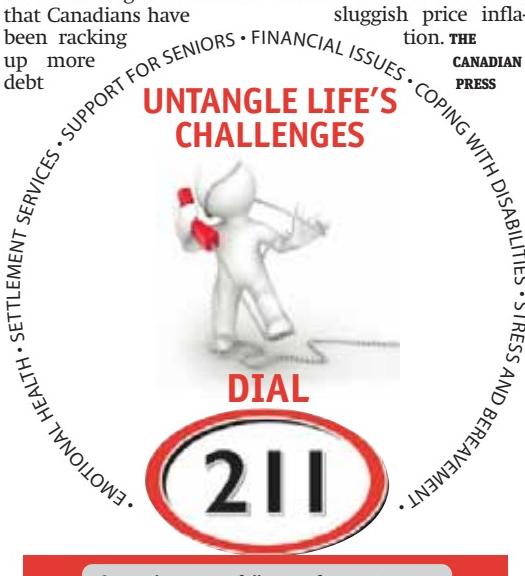
ing accounts for more than half of overall economic activity in Canada. However, it can be an unreliable indicator because it relies on what people say about their intentions rather than their actual behaviour.

Slower growth could put pressure on hiring as well as household finances, spelling trouble for Canadians who have taken advantage of record low interest rates to amass record levels of debt.

Finance Minister Jim Flaherty and Bank of Canada governor Mark Carney have been warning for months that Canadians have been racking up more debt

than they can sustain as a result of a long period of ultra-low interest rates and sluggish price inflation. THE CANADIAN PRESS

UNTANGLE LIFE'S CHALLENGES



► An employee holds a BlackBerry Bold Touch smartphone at the Research in Motion annual meeting in Waterloo in July.

Lawsuit for RIM outage?

Canadian BlackBerry users affected by Research In Motion's global outage earlier this month are being asked to join in a proposed class-action lawsuit seeking refunds for the downtime.

Consumer Law Group Inc. of Montreal said it has filed a nationwide suit against BlackBerry maker RIM and claims the company has failed to directly compensate BlackBerry users, who pay monthly data fees to wireless carriers.

"The class action involves RIM's failure to take action to either directly compensate BlackBerry

users or to indirectly compensate BlackBerry users by arranging for wireless service providers to refund their customers and to take full responsibility for these damages," the group said in a statement.

RIM is offering its 70 million BlackBerry customers worldwide \$100 worth of pre-selected software applications from its BlackBerry App World.

Some users have complained they don't want the apps and would prefer to be compensated by RIM via their wireless carrier bills.

THE CANADIAN PRESS

RIM Playbook

- Research In Motion is delaying the launch of an upgraded operating system for its struggling PlayBook computer tablet until February 2012, as it says the new version isn't up to its standards.
- The updated operating system was meant to be available this month with features including the ability for BlackBerry users to automatically access their email, contacts and calendar on the PlayBook.
- The updated operating system also won't have BlackBerry Messenger.

News in brief

Suing over water bottles

LAWSUIT. California's attorney general's office has sued three companies over allegations they misled consumers and violated state law by marketing plastic water bottles as biodegradable. The lawsuit names ENSO Plastics, a Mesa, Ariz., bottle-maker, and water sellers Aquamatra, of Dana Point, Calif., and Balance

Water, of West Orange, N.J. THE ASSOCIATED PRESS

Canada likely to dodge recession: Bank of Canada

DEBT. Battered by European debt woes and a global slowdown, Canada's economy is approaching stall speed as the year closes, but is likely to avoid a recession, predicts the Bank of Canada. Canada's growth rate will dip as low as 0.8 per cent in the last three months of the year, it says. THE CANADIAN PRESS

NATHAN DENETTE/THE CANADIAN PRESS



Surveys say

- Only 36 per cent of respondents believed now is a good time to make a major purchase, says the Conference Board survey.
- Consumers showed optimism about future job creation, says the survey.
- Ontario and B.C. consumer

confidence declined the most, while in the Prairie provinces it improved.

► The RBC survey indicated in the next year, 33 per cent of respondents planned to reduce debt, 30 per cent intended to spend less, 21 per cent expected to save more and 21 per cent planned to do all three.

High gas prices are for real

The Bank of Canada says Canadians aren't imagining things when they notice gas prices are unusually high given the posted price of crude oil.

The bank confirmed yesterday that the price of gasoline in Canada has increased by more than the price of WTI (West Texas Intermediate) oil. And gas prices have largely failed to

decline in conjunction with WTI, it noted.

That doesn't mean Canadians are getting ripped off. The bank said gas prices are generally composed of the price of crude, taxes and profit margins for refineries and retailers.

Prices have increased since the introduction of the HST. But, the main reason is that Canadian refineries use WTI crude for only about half their requirements, the rest coming from Brent North Sea oil.

THE CANADIAN PRESS

Market moment

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 CELLULAR POINT

CONFESSTION: I HAVE A THING FOR THE GOP

HE SAYS ...

JOHN MAZEROLLE
METRO



The U.S. has been a beacon for millions of people, but I'm probably the only person who's ever wanted to head there because of Republican presidential debates.

Yes, America's Grand Old Party is calling and I'm starting to listen.

Now before you have me maple-syruped and feathered, let me be clear: I love Canada. Anne Murray's as sexy as ever, peameal bacon wrapped in dulse and washed down with Clamato still hits the spot, and hearing the opening strains of "I'm a lumberjack and I'm OK" always brings a tear to the eye.

It's just that I find the Republicans — and the heartland that supports them — deeply alluring because, well, because they seem kind of nuts. It's a way-out foreign culture, every bit as exotic as those far-flung reaches of the globe I clamour to visit.

Canadians have a tendency to think of our southern neighbours as merely heavier, prouder, louder versions of ourselves — sort of Canucks dialed up to 11. But the Republican presidential debates remind me how wrong that is.

Usually, American TV misleads us, since it's made by liberal places that most urban Canadians find easy to swallow, like New

York and Hollywood.

Watching the American TV programs I did growing up, I believed that any young American tadpole (*The Muppet Show*) can admit to being gay (*Ellen*) but continue movin' on up (*The Jeffersons*) until he can afford a New York loft apartment that would cost more than the Iraq invasion (*Friends*).

On most American TV, the U.S. seems like Canada with better temperatures and thinner people.

But the Republican debates show me a culture so different I barely comprehend it. People applaud the mention of the death penalty. Nobody seems to know what taxes are for. Rick Santorum is seen as a normal person.

This is a place I want to learn about. If this were any other continent, I'd be deeply interested. I'd want to understand.

So though my gut reaction is to roll my eyes or worse, I instead want to learn the ways of this bizarre culture.

I want to see heartland America — more Jerry Falwell, less Jerry Seinfeld. More Bible Belt, which holds up the britches of the nation. Less San Francisco, where pants are optional.

This will require research, so I plan to watch a lot of bad television, eat free-range beef and drink beer, as best fits my current, close-minded understanding of heartland America.

Come to think of it, I've been researching to be an American all my life.

I'm gonna melt right in.

Read more of John Mazerolle's columns at metronews.ca/hesays



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Register at metropolitanpanel.ca and take the quick poll

How far along are you in preparing your Halloween costume?

STILL TRYING TO DECIDE, WILL THROW SOMETHING TOGETHER LAST-MINUTE

30%

ALREADY 100 PER CENT PUT TOGETHER

20%

50%

HAVEN'T THOUGHT ABOUT IT/I HATE HALLOWEEN

Letters

Cudos and a big "Well Done" to the CPC for living up to their promise to rid us of the ineffective and expensive long-gun registry. Hopefully this is only step one in the process of ridding Canada of other such failed and failing social engineering projects. It's a refreshing change to have some common sense coming out of Ottawa.

MR. KEN DECARLE
GABRIOLA ISLAND, B.C.

RE: Lesbian couple turfed from Timmies, published Oct. 25

I do not understand why the lesbian couple did not apologize to customers of Tim Hortons for making out in a public space, in the first place.

I am more than sure that the Tim Hortons staff was aware what this couple was doing and unfortunately did nothing about it until other customers started to complain. I am more than sure, that it was not done at first out of fear.

No one should have the rights to bother others if one does not want to be sued by them for discrimination on a base of their sexual orientation and they use it to whole extent.

BOZENNA SIEDLECKA
PORT MOODY, B.C.



► This photo, titled *Hidden Beauty*, was submitted to the *Fashion* category by nejaskaratas from The Netherlands.

photo of the day

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophotchallenge.com. The contest runs until Nov. 22. As well as a chance to win a trip to any city Metro publishes, one submission will also be featured here daily.

WEIRD NEWS

Earth invaded by Lego man

The sight of an eight-foot-tall Lego man evokes the paranormal and the unexplained, according to beachgoers on the Siesta Key Beach.

The statue, with the grammatically incorrect phrase "No real than you are" written on its chest, was discovered early Tuesday morning in Sarasota, Fla., according to the Daily Mail.

"I figured he probably fell down from up above somewhere," one man

told Tampa Bay 10 News.

"I kind of think it was from the UFO people," a female passerby told the news station.

The Washington Post reported Ego Leonard, the name on the back of the statue, could also be the artist responsible for the prank. The Sarasota Herald-Tribune emailed the artist for a comment, and his reply came back written as if it was from the Lego man himself. ■ METRO



► "I am here to discover and learn about your world and thoughts," the figure's website says.

Local tweets



► @UOGirl problems: I don't have a drinking problem. Ottawa is too cold and alcohol keeps my body warm #uo-girlproblems

- @ElvieB: @adamclifford10 my parents already have the christmas tree up in Ottawa!!
- @lauranicholson: Pretty sure #Ottawa needs to be renamed Constructionawa
- @tweetsonso: LOTS of

money being pumped into #cycling infrastructure in #Ottawa. Hell yes! <http://bit.ly/u2gKf2> #ottbike

► @stuntmanstu: thx to #Ottawa councillors who joined #NoMoreBullies here: <http://on.fb.me/rRkoVg> #Ottcity

► @jacintheneron: Excited about cycling/pedestrian bridge over the Rideau, paths from Vanier to Westboro! <http://t.co/Ox3SWMuX> #Ottawa #ottbike #2012budget

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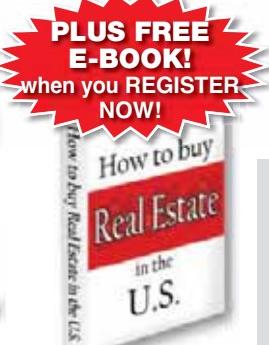


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'Everything is good'

► No conflicts this time around for Kelly Clarkson

It may have taken some time, but Kelly Clarkson seems to finally be releasing an album without any drama on the side.

"Everything is good, everything is happy," she said, laughing brightly during a recent interview to promote Stronger, which was released this week.

It's a different scenario than her last two albums: She went through public disputes with legendary executive and mogul Clive Davis over her third album and with OneRepublic singer-songwriter Ryan Tedder after her last album was released.

They were typical of the bold stances she's taken that proved her to be more than the passive, malleable product of a hit TV competition, establishing her as an artist instead of just a voice.

"I've been a fighter since I started walking," she said, adding casually and genuinely a line that could be lifted from one of her inspirational songs: "We get one life. You want to make sure that you're living it how you want to live it."

Since Clarkson became the first American Idol a decade ago, she's established herself as one of pop's most formidable, and successful singers. She's sold more than 20 million



If you look at my whole catalogue, there are far more sadder songs than happy."

KELLY CLARKSON

albums worldwide and landed seven singles in the Billboard Hot 100 top 10.

Clarkson has maintained creative control of her music and career since her Idol days, and has written on all of her albums. But her determination to chart her own course has not come without a few battles. In 2007, Davis became concerned over the less commercial sound of Clarkson's third album, My December, which Clarkson revealed publicly after rumours of a rift; Clarkson later mended

fences and called the tension overblown. Then in 2009, Clarkson called out Tedder for musical similarities between Already Gone, which he wrote for Clarkson, and Beyoncé's Halo, which he also wrote.

Clarkson calls her new collection of 13 songs "the easiest record that I've made with my label." But she makes clear that's because the suits bent to her will — not the other way around.

"I think people project on you like the formula that has worked in the past. And then they get to know you," she said. "(Now) they know me better as an artist, they know me better as a person. They know what I'm going to do and what I don't like, and it just really works." **THE ASSOCIATED PRESS**



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Arkells courting a wider audience

FRANK GUNN/THE ASSOCIATED PRESS



► Max Kerman, left, and Nick Dika from The Arkells.

After converting years of relentless touring into a Juno win and a major-label record deal, the Arkells have finally won the opportunity to introduce themselves to a much wider audience.

And they were careful not to overstay their welcome.

Sophomore record Michigan Left breezes by in just over 35 minutes, a disc of tuneful guitar rock songs that aim to pack the sugary jolt of a Pixy stick.

Only the yearning night-crawler Coffee clocks in over four minutes, and the Hamilton band says that

brevity was, well, carefully calculated.

"It's our second record — we thought people were only going to give it so much time," said guitarist Mike DeAngelis in an interview this week in Toronto.

"So we might as well hit them, you know?"

Since releasing their debut disc Jackson Square in 2008, Arkells have earned a reputation for their fiery live show and melodic rock, which was both sufficiently stylish for discerning indie rockers and tuneful enough to wrest radio play.

But following the Juno win for new group of the

year and the subsequent deal with Universal, the band faced heightened expectations for a follow-up that had been in the works for three years.

The primary hurdle? Attempting to capture the energy of their well-received live performances on disc.

"It's definitely a challenge for us," said frontman Max Kerman.

"Recording (is) a whole different ballgame because figuring out how to capture your sound is pretty difficult, and you don't always know what you're going for and it's a learning experience." **THE CANADIAN PRESS**

ADVERTISING FEATURE

RECYCLE FROG

(613) 695-1236

Selling old gold and silver jewelry? The bad. The ugly. The good.

Skyrocketing gold and silver prices has many consumers wondering how much their old or broken gold jewelry is worth.

The question you should be asking yourself is: where do you go to ensure you receive a fair offer? There are plenty of options but which ones pass the common sense test?

Option #1: New companies. Inflated promises. False advertising.

Anyone can post really high payout prices. There are no laws to protect unsuspecting consumers from misleading ads that promise to pay outrageous and unrealistic prices.

They use them to lure people in, then adjust weights, inaccurately evaluate material (eg. say something is 10kt when it's actually 14kt). The bottom line, people end up with less money in their pocket, not more.

Option #2: Mail away your gold. Hope for the best.

Most consumers feel uneasy about mailing their jewellery to one of the many flashy "Cash for Gold" type companies seen



on TV. The truth is, several of these companies have received harsh criticism from consumer advocacy groups because of their notoriously shady sales tactics and low payouts.

So, if those ads featuring cash waving "customers" send a chill down your spine, it's for good reason.

Option #3: Recycle Frog, you be the judge.

Recycle Frog is an Ottawa-based precious metals recycling company that has built its business by serving today's more prudent middle and upper-middle-class consumer. Comprised primarily of ex-Royal Canadian Mint employees, Recycle Frog's payout rates are published, and consistently rank among the highest in the industry.

One-on-one evaluations are conducted at their many convenient public events or are pre-scheduled at their World Exchange Plaza location. They're a trusted fundraising partner to various charitable organizations including the United Way, CHEO, Christmas Exchange and The Canadian Cancer Society.

Get a competitive, haggle-free offer for your old gold and silver by simply calling Recycle Frog at 613-695-1236 or visit their website at [www.recyclefrog.com](http://recyclefrog.com) for more information.

Don't be 'fooled': Our history does matter

► Conrad Black, Denise Donlon among contributors to new book 100 Days That Changed Canada

Denise Donlon writes on the day MuchMusic rocked the tube. Peter Mansbridge details when baseball player Jackie Robinson broke the colour barrier. And Conrad Black outlines a

train trip by Canada's first prime minister.

Those are but a few of the essays by well-known Canadian personalities in the new book 100 Days That Changed Canada

(HarperCollinsCanada), now in stores.

Editor Mark Reid says the coffee-table-style hardback is "a starting point on a journey for Canadians who want to rediscover all

the turning points that have made them Canadian."

"You don't need to have a history degree to enjoy this. You don't even have to be a history buff. What

you need to do is have a curiosity about your own country," he said in a recent phone interview from Winnipeg, where he serves as editor-in-chief of Canada's History national magazine (formerly The Beaver).

"I think for too long we've been fooled into thinking that our history somehow doesn't measure up, that somehow other countries' histories are more interesting and exciting."

Reid said making Canadians enthusiastic about their own country is one of the goals of Canada's History Society, which selected the 100 days for the project.

A follow-up to the best-selling 100 Photos That Changed Canada, also edited by Reid, the book outlines the trials, tribulations, and celebrations of 144 years in Canadian history.

The first essay is on July 1, 1867, when Canadians rung in Confederation, and the last chronicles Nov. 16, 2010, when Canada extended its military mission in Afghanistan. In between is a broad range of key moments in various areas, from politics and war, to culture and sports and entertainment.

Each essay is illustrated

56

A total of 56 writers contributed to the project, from prominent historians and authors to politicians and journalists.

by an archival photo, which come from various sources, including Library and Archives Canada, GettyStock, the Toronto Star and The Canadian Press.

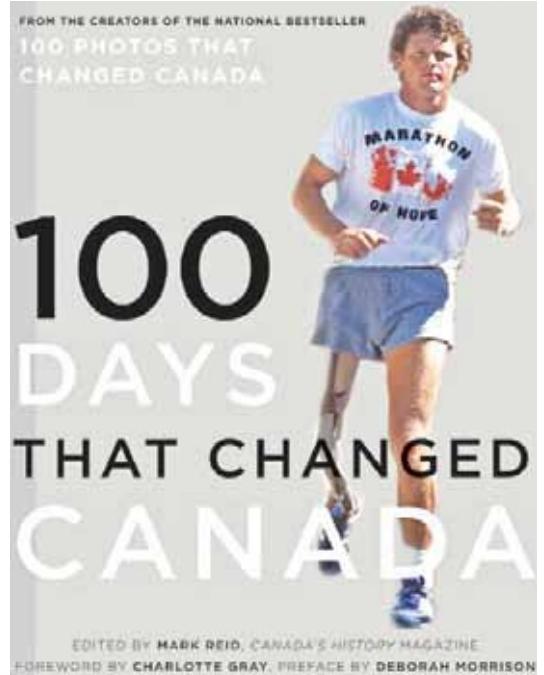
To pick the 100 days, Reid said he consulted with historians, advisers and archivists from both inside and outside the History Society's board of directors.

"I really wanted to let Canadians understand that there are ways the country can be changed that aren't always guys in military uniforms going over a trench, landing on the beaches," said Reid, a Pugwash, N.S., native who also wrote some of the essays as well as a section at the front and the chapter introductions.

"That there are fun moments, cultural moments, where a new craze like rock 'n' roll can change a country."

THE CANADIAN PRESS

HANDOUT



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Line-up subject to change.

HAHAHA.COM/COMEDYTOUR

HANDOUT/THE ASSOCIATED PRESS



► Connie Britton stars in American Horror story.

Horror without all the horrible

► Spate of horror-themed TV series celebrate thrills all year long ► Walking Dead leading the charge

Halloween-themed TV specials are popping up all over the dial this week but there's nothing special about the spooky holiday for an increasing number of shows that tell terrifying tales all year long.

Scarefests such as The Walking Dead, Ghost Hunters, True Blood and Lost Girl — as well as the upcoming American Horror Story and Grimm — are doing their part to keep Halloween running 365 days a year, making the macabre more mainstream in the process.

"In a sense you could say every episode is a Halloween episode," actor Chris Leavins says of his Canadian horror-comedy Todd and the Book of Pure Evil, which returns for a second season Sunday on Space.

Ghosts, ghouls, vampires, zombies and creatures of all sorts have overtaken the small screen — and they're no longer just relegated to specialty digital channels, says

Genre expert

Horror genre expert Teddy Wilson says specialty channels have led the way in establishing genre fare as a big draw for TV audiences.

► **Quote:** "Horror is hot right now. I think networks are starting to take it a lot more seriously and of course the biggest shining example right now is 'Walking Dead' breaking all sorts of records for cable and is just a great series."

genre expert Teddy Wilson of Space's flagship entertainment show Inner-SPACE.

He points to the CBS/Global supernatural medical drama A Gifted Man, in which a surgeon is visited by the spirit of his dead wife, and NBC/CTV's Grimm, in which a detective discovers mythological creatures living among

us in disguise, as among the creepy shows targeting a broad audience.

Meanwhile, Rogers Media executive Scott Moore notes that the much-touted chiller American Horror Story has surprised FX by being the first show on the specialty network in many years to skew female, likely thanks in large part to its hunky star, Dylan McDermott of The Practice.

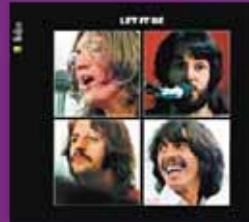
"Horror has grown over the last few years," says Moore, broadcasting president of Rogers Media, which launches FX Canada on Monday.

"I think a lot of it was pushed by the Twilight series in movies, but what's interesting about American Horror Story is it's not your typical horror — it's not gory, not really gory. It's more of a thriller and it's really character-driven. Over the course of the series I think it becomes... more and more about the family and more and more about the characters."

THE ASSOCIATED PRESS

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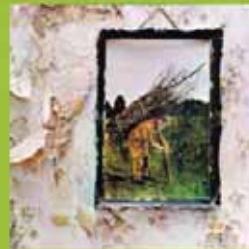
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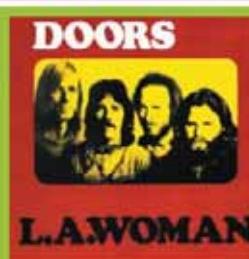
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Puppy love for Selena, Justin

Selena Gomez and Justin Bieber capped off their visit to Winnipeg by adopting a 10-week-old husky puppy named Baylor, according to People magazine. "They spent a lot of time with the puppies. I was told that [Selena] was missing the dogs

that she has at home," says D'Arcy Johnston, who runs the rescue the pair visited. "Baylor probably would have had a bad life or a very short life. But he got rescued ... and is now going to live a very good life."

• METRO

BOOZE KILLED AMY THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA



It wasn't drugs that killed Amy Winehouse. It was tons and tons of booze.

It was announced yesterday by a legal inquest looking into the death of the singer that she had more than five times the legal driving limit of alcohol in her blood when she died on July 23 at age 27, Reuters reports. Her death was deemed "death by misadventure" by British coroner Suzanne Greenaway, who explains that the singer died because of excessive drinking, according to the Evening Standard.

"She had consumed sufficient alcohol," Greenaway says, "and the unintended consequence of such poten-



tially fatal levels was her sudden and unexpected death."

Even more tragic?

The London hearing states the singer had not drank alcohol that month until the day before it killed her. She had no illegal substances in her system when she died.

Not to make light of Winehouse's tragic demise but you have to shake your head at the Brit-speak. "Death by misadventure" makes it sound like she was swinging on a vine and then fell into a crocodile pit, right?

Jen Aniston sets the record straight

ALL PHOTOS GETTY IMAGES

► Tells Hello she's not getting married ► Not pregnant, either

Jennifer Aniston is speaking out about her personal life, chatting with Hello magazine to clear up a couple of rumours. "Rumour number one: I am not planning to get married any time soon," says Aniston, who is currently dating Justin Theroux. "I've been married once, and I don't know if I'll get married again. But I can tell

you that as of this very moment, I have no plan to get married. Got that?" Of course, that wasn't all she wants to clear up. "And rumour number two, we're not pregnant," she says, addressing speculation about her weight. "It's just I quit smoking, so I've gained a couple of pounds."

• METRO



► Jennifer Aniston

New day, more bail for the Lohans

The estranged father of actress Lindsay Lohan made his first appearance in court on domestic violence charges. Judge Walter Heinrich set bail at \$5,000 for Michael Lohan on Wednesday. Lohan is accused of grabbing his on-and-off girlfriend and pushing her down multiple times during an argu-

ment at her Tampa condo Sunday. The judge told Lohan to stay away from 28-year-old Kate Major. Authorities say Lohan went to Major's condo and that she decided to let him stay even though she had a temporary domestic violence injunction against him in Sarasota County.

THE ASSOCIATED PRESS

Celebrity tweets



Today, Joan Rivers is passing judgment, Will Arnett is trying to keep up with online lingo, Victoria Beckham is feeling popular, and Conan O'Brien is considering his investments.

wow! two million followers!! Thank u so much for all your support!!!!



@victoriabeckham

"DR. CONRAD MURRAY IS GUILTY (of wearing boring ties)!!!!!"

@arnettwill



"pwned"... Are we back to saying that yet? Where are we on "Epic Fail"

@ConanOBrien

"Gaddafi may have been worth \$200 billion when he was killed. Even more tragic, he was just 2 days away from retirement."

frou frou

Big Shoe Sale

Sale Ends
Nov 20, 2011
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► How does the Versace for H&M 'greatest hits' collection stack up against the real thing?
 ► Metro's Kenya Hunt compares the high street clothes, which are based on the luxury brand's past collections, with the expensive originals.

The archives for less

When you consider that they all tend to follow the same formula, it's hard to believe that collaborations between famous designers and mass market brands

can still generate the level of excitement that Donatella Versace's new collection for H&M has.

Each launch, without fail, comes with the shiny

'Greatest hits!' label attached.

But let's be honest; shoppers want dresses that scream designer, not chintzy knockoff — as in,

"Are people staring at me because they think this is the real thing or because my skirt looks flammable?" Frankly, there haven't been a whole lot of high-low col-

laborations that have struck the right balance.

So with that in mind, we compare H&M's latest with a few standouts from the Versace archives.



1

This dress, which is straight from the SS'12 show, has that "just off the runway" feeling. The H&M version may not have the leather strips and asymmetry that the catwalk dress does, but it impressively nails the maximal, studded to the Gods look of the original.



2

Donatella replaces the original's Greek key pattern — a trademark of the Versace house that appears on other items in the H&M collection — with graphic hearts. The patterned fringing and cut-out shoulders are just right.



3

These tropical trousers will make a colourful alternative to the festive cocktail dress for your office holiday party. That said, the H&M incarnation out-Versace's the Versace pants in loudness, even if they are missing the little baroque patterned trim at the hem.



4

On paper, the two are nearly identical. The flashy buckle and gilt waistband are there. But the H&M belt may turn silver after a few too many wears.



The grade

As far as greatest hits collections go, the H&M line feels more like new Versace than old. But it does a great job of recreating the brand's money-is-no-object look by steering clear of fancy fabrics that are impossible to re-do on the cheap and sticking with the fun details that make the garments stand out in the first place. That said, maybe just steer clear of the gold accessories.

3 life

Fiction to fashion

TATTOO LINE



Swedish fashion retailer H&M says it will release a collection of clothes inspired by the rebellious character Lisbeth Salander in Stieg Larsson's best-selling crime novel *The Girl With the Dragon Tattoo*.

THE ASSOCIATED PRESS



Fashion icon Margit Brandt dies; instrumental in breakthrough for Danish fashion



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Jeanne Space



In this hectic modern world, Twitter has become a cool and succinct way of communicating. It allows me to be accessible, instantly speak my mind, and connects me with all kinds of people. Whether it's a fashion question, or you just want to comment on life's bigger picture, I'd love to hear from you.



@Jeanne_Beker:
When it comes to Halloween partying, should we dress for
STYLE or COMFORT? And what is scarier: having bad
style...or being uncomfortable?

- @MrsMurray_at_FT: It's scarier to have bad style, always.
- @Jeanne_Beker: SO, if it's a SCARY "costume" we're after, I guess just exercise BAD TASTE!
- @ynq25335: Comfort is important to me; would never wear anything too bare, feathers, high shoes, heavy mask or hot costume, accessories :)
- @Jeanne_Beker: Yeah, that could really ruin a fun time, eh?
- @dangoodbaum: more importantly: sexy or scary? I say Amish costume beats sexy nurse hands down.
- @Jeanne_Beker: Both those looks sound equally scary if you ask me...



►@Jeanne_Beker: Edgy elegance
@Denis_Gagnon



►@Jeanne_Beker: @Denis_Gagnon is
being playful for spring with interesting
cuts that are mildly wild...

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JEANNE BEKER'S FINDING MYSELF IN FASHION (PENGUIN) IS AVAILABLE IN BOOKSTORES NATIONWIDE.

Not-so-heavy metal

THE KIT

BY JANINE FALCON

"Metallic eye shadows tend to be less tightly pressed than other finishes," notes M.A.C senior artist Melissa Gibson.

"For more control, use a compact, short-haired brush to press powder into place. A

moist base also increases staying power."

Hanoch Drori, a makeup artist from So You Think You Can Dance Canada, says to avoid eye areas with heavier creases.

"You'll get best results if you apply metallics where the skin is smoothest, such as the centre lid and under the brows."



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5 OF FALL'S TRENDIEST PRINTS TO MIX



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PYTHON
Michael Michael Kors clutch

► \$270, michaelkors.com



PLAID
Isabel Marant skirt

► \$255, netaporter.com

FLORALS
Mango skirt

► \$60, mango.com



STARS
ASOS belted dress

► \$78, asos.com

● KENYA HUNT

On-the-mend trend

► Lost art of mending gains new following for reasons economic and environmental ► And it ain't just for gals



► Sean O'Driscoll fixes his pants pockets at the Brooklyn chapter of Sewing Rebellion in New York.

"If you can drive a car, you can drive this," says Maya Valladares as I press the sewing machine pedal to the floor and complete my first stitch.

After years of having holes in my pants pockets, I am finally learning to fix one.

The process is more complicated than I suspected: Carefully cutting through three layers of stitches to remove the pocket lining requires the precision and patience of a surgeon. When I finally get the lining out, Valladares puts her palm underneath it and says, "See? You can see my hand through it — cheap cotton, shredded to pieces." But that's no reason to buy new pants.

This is my first class with Sewing Rebellion, a

"I wanted to honour the labour that created these clothes. We buy clothes cheaply and throw them away. We don't see the worker who put all that effort into creating it."

CAROLE LUNG-BAZILE
CREATOR OF SEWING REBELLION

group with chapters springing up across the U.S. Its aim is to promote the reuse and repair of clothing as a way to fight consumer waste.

SEAN O'DRISCOLL/THE ASSOCIATED PRESS

She's sew smart

Lung-Bazile, who takes the mock-heroic name Frau Fiber when promoting Sewing Rebellion, has a history in the fabric industry.

► She worked for 15 years for a small bridal house in Lancaster, Pa., before losing her job during an economic slump.

► "I was assistant designer, production manager, I hired the models. I did it all. I really got to know the clothing industry and what it takes to get those clothes to you," she says.



group offers free classes on darning socks, sewing buttons or, for the more advanced, repurposing an old shirt or refitting a dress.

In Brooklyn, it provided use of sewing machines, needles and thread, and offered instruction and almost infinite patience for beginners. Run by a dyeing instructor at the Textile Arts Center, it even provided the onions, rusty nails, wine and chai tea used as natural dyes.

Valladares herself hasn't bought any new clothes in more than two years.

"A guilty energy develops — you stop buying because of the waste, and you can't go back to the way you were," she says.

But is it for men? I'm the only male among 12 women in this New York group.

"I can't believe it," says Valladares as she reshapes my pocket. "A roomful of women? And guys aren't interested?"

Maybe if sewing were pitched to men as rugged survivalism, it might attract more interest. "Definitely, if men could see it that way, they would show up," says Valladares.

"They should see it as a survival tool."

Sewing Rebellion was created by Carole Lung-Bazile of Los Angeles to, well, sow rebellion against consumerism with the slogan "Use it up! Wear it out! Make it do!"

Besides protecting the planet, says Lung-Bazile, "I wanted to honour the labour that created these clothes. We buy clothes cheaply and throw them away. We don't see the worker who put all that effort into creating it."

Other groups are sprouting up across the country, including Hacking Couture in New York City and Stitchy in Chicago. Participants are often



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STEPHANIE
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FOR METRO

Decorating the home for Halloween is a great way to have fun with family and friends.

Michaels Craft Stores has helpful webisodes where creative expert Jo Pearson demonstrates how to make Halloween décor that's affordable, easy and cute. Here are some of her suggestions:

Halloween Wreath

Decorate a black wreath with any crafts you like, such as spiders, craft cobwebs and a painted skull or two. Hang on your front door to greet guests.

Mummy Door Greeter

Entertain your trick-or-treaters with a cute mummy door greeter. Wearing disposable plastic gloves, stack and secure three craft pumpkins with a glue gun. Insert dowel rods as arms.



► Create a tempting table of treats by filling glass jars with candy, while wrapping glasses with white tape can give them the mummy look.

Wrap the pumpkins and rods with plaster wrap — cut one 30-centimetre strip of wrap at a time, quickly dip it in water, then wrap it. Add some googly eyes with hot glue, putting small pieces of plaster around them to create a wrapped look. Fin-

ish by wrapping it with cheese cloth and lightly brushing very diluted dark paint over the mummy to make it look old.

Day of the Dead Head Cake

The kit, available at Michaels, makes a beautiful fondant-covered cake

with the shape and bright colours of a skull from Mexico's Day of the Dead.

Freaky Frames

Halloween up your picture frames by coating them with scrapbook paper and adding glitter paint, rhinestones and feathers.

Candy Buffet

Create a tempting table of treats by decorating glass apothecary jars and filling them with the candy of your choice. Choose candy of all shapes, sizes and colours to give the spread extra variety, and use candy moulds to make chocolate in all sorts of ghastly forms. Drinking glasses can be wrapped with white tape and finished off with stick-on googly eyes to give your beverages the mummy look.

Find a variety of webisodes and craft instructions on Michaels.com and buy online and at locations across Canada.

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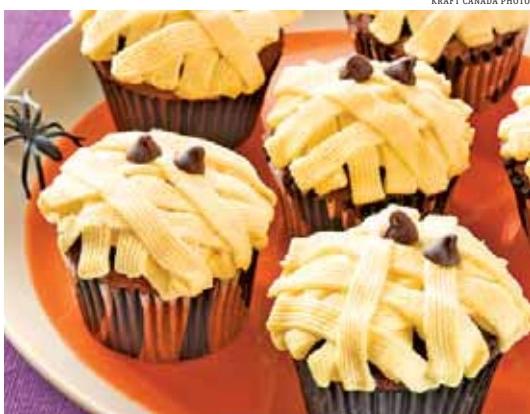
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**Mummy Cupcakes****Ingredients :**

- 1 package (2-layer size) chocolate cake mix
- 14 Oreo Cookies, coarsely chopped
- 1 package (4-serving size) Jell-O Vanilla Instant Pudding
- 1 cup cold milk
- $\frac{1}{4}$ cup icing sugar
- 2 cups thawed Cool Whip Whipped Topping
- 48 Baker's Semi-Sweet Chocolate Chips

Preparation:

- 1** Heat oven to 350 F.
- Prepare cake batter as directed on package; stir in cookies. Spoon into 24 paper-lined muffin cups. Bake 20 to 25 minutes or until toothpick inserted in centres comes out clean. Cool cupcakes in pans 10 minutes; remove to wire racks. Cool completely.

2 Beat pudding mix, milk and sugar in large bowl, whisk 2 minutes, stir in Cool Whip. Spoon into pastry bag fitted with basket-weave tip.

3 Pipe pudding mixture onto tops of cupcakes. Add chocolate chips for the eyes. Keep refrigerated.

KITCHEN TIPS**Make Ahead**

Decorated cupcakes can be stored in refrigerator up to 8 hours before serving.

If You Don't Have a Piping Bag

Fill a resealable plastic food storage bag with pudding mixture; seal bag. Cut corner off bottom of bag, then squeeze pudding mixture from bag onto cupcakes.

See Kraft Canada (Halloween-Centre.ca) for more Halloween recipes.

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KRAFT CANADA PHOTO

Events that will put a scare into you

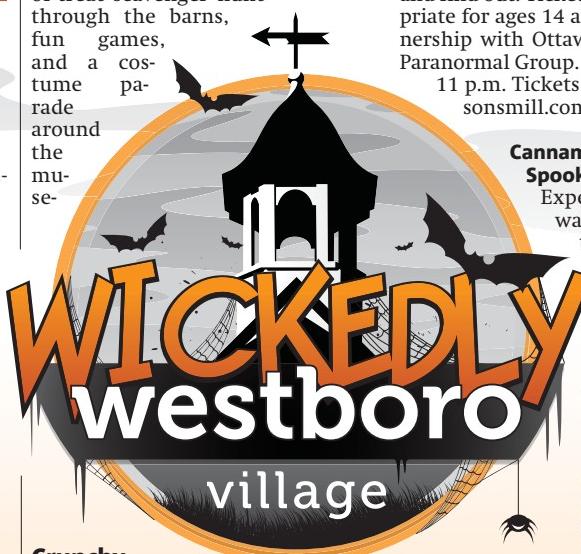
There's plenty of hair-raising events to keep you busy this Halloween.

Proulx Farm — Haunting Season

In co-operation with the Orleans Kiwanis Club, Skreamers at Proulx Farm, Thursday to Monday, Oct. 31, beginning at 7 p.m. proulxberryfarm.com/e/halloween/index.htm

A Barnyard Halloween at the Canada Agriculture Museum

The whole family can enjoy a trick-or-treat scavenger hunt through the barns, fun games, and a costume parade around the museum.

**Crunchy Apples****Ingredients:**

- 5 cold apples, washed, well dried
- 50 Kraft Caramels
- 2 tbsp water
- 6 bars Cadbury Fun Treats, finely chopped (about $\frac{1}{2}$ cup)

um grounds. Visitors can learn interesting facts about pumpkins and then help prepare delicious desserts made from this autumnal fruit. Samples to taste and recipes to bring home are available as well. Saturday and Sunday, 10 a.m. to 4 p.m. agriculture.technomuses.ca

Paranormal Investigation of the Mill

What happens at Watson's Mill after dark? Follow real ghostbusters with all their technical equipment and find out. Tickets are \$25. Appropriate for ages 14 and older. In partnership with Ottawa Haunting and Paranormal Group. Saturday from 8-11 p.m. Tickets are limited. watsonsmill.com/Events.html

Cannamore Orchard Spooky Wagon Ride

Experience a spooky wagon ride through the orchard and woods where wagon riders will be thrilled and chilled by ghoulish characters in many different scenes.

**Preparation:**

1 Insert wooden pop stick into stem end of each apple. Cover large place with waxed paper.

2 Microwave caramels and water in large glass microwaveable measuring cup on high for 2 to $2\frac{1}{2}$ min. or until caramels are melted and sauce is smooth when stirred; cool slightly.

3 Dip apples, 1 at a time, into caramel sauce, turning until evenly

coated. Let excess caramel drip off. Sprinkle chopped chocolate bars over apples; press gently into caramel to secure. Scrape excess caramel from bottoms of apples; place on prepared plate. Refrigerate 1 hour.

Makes 5 servings.

KITCHEN TIPS

Refrigerate apples 3 hours or overnight before coating with melted caramels. This will help the caramel stick to the apples. **KRAFT CANADA**



Admission also includes the Fog Maze, a terrifying experience inside a maze filled with lights, sound, and of course fog. Be aware of the hidden rooms, occupied by those lying in wait for you to arrive.

Thursday and Friday, 6:30-9:30 p.m., Saturday, noon to 9:30 p.m., Sunday, noon to 5 p.m. spookywagonride.com.

Mayor's Halloween Party

Saturday from 5-7:30 p.m. at Ottawa City Hall, Heritage Building. Admission is a donation to the Ottawa Food Bank's Baby Supply Cupboard. ottawa.ca/city_hall/mayor_council/mayor/halloween_en.html

Rocky Horror Picture Show at the Mayfair

Do the time warp again! Don't miss the one-of-a-kind singalong featuring the Absent Friends shadow cast. Please, no rice or confetti; use bubbles. \$10 for members, \$15 for non-members. Friday and Saturday, 9:30 p.m. and 11:45 p.m., Monday, 7 p.m. mayfairtheatre.ca/movies/Rocky-Horror-Picture-Show-The/ METRO



Fall for sophisticated pops of colour

► Spicy autumn colours are all the trend ► Add small kicks of deep purple, brick red, rich pinks or burnt orange

DESIGN CENTRE



KARL LOHNES
HOME@
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As we prepare to welcome fall into our homes, we can officially leave the light, breezy tones of summer behind and turn to the deeper shades of the upcoming winter season.

The classic colours associated with autumn are burnt oranges, brick reds, dark plums and deep cranberries.

Bright, crisp colours feel less fashionable now and the colours of fall are dramatic, strong and exotically sophisticated.

Some may recognize these trendy tones as those that defined decor of the '70s and '80s (remember rust corduroy sofas and E-Zbrick faux walls?) but what goes around rarely comes back the same way.

Deep reds and rusty oranges have reappeared in more formal textures like silk, rather than the casual

Come see me!

I'll be speaking on the main stage at the International Home Show on Oct. 27, 28 and 29.

- Get some advice: I'll also be answering your decorating questions one-on-one Friday and Saturday, so bring your floorplans, photos and samples along.
- For more information and tickets, visit internationalhomeshow.ca.

corduroy and heavy fabrics of their past lives.

Warm greys and cool taupes are still the ultimate neutral, but pops of spiced colour on a focal point or accessory are fun ways to bring in colour without a major commitment.

Adding small kicks of deep purple, brick red, rich pinks or dark orange to an accent wall, patterned pillow, glass lamp, or two side chairs in a living room can make a big impact with the trends.

The best way to incorporate the sophisticated drama of fall's hottest hues is to contain it to small areas around your space.



► Kilim upholstered sofa adds fall's rich purple and red in an exotic way. Kilim Sofa, West Elm



► An accent wall painted Benjamin Moore's Rhubarb can warm up a neutral space.



► Benjamin Moore's Rhubarb is fall's go-to fashion colour.



► Add colour to your space with exotic accessories like genuine Kantha throws, Pottery Barn.



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1 Make white walls your best friend

1

Resist temptation to cover your walls in trendily-flocked wallpaper or colour-blocked primary colours and stick to clean white. The lightness will open up your tiny space.



2 Consider a hall of mirrors

2

Walls covered in mirrors made a palatial gallery at Versailles look three times as massive. The same will work for your tiny studio. Cover one wall of one room, or hallway, in paneled mirrors and watch your place double in size.



5 ways to make a small space look big


KENYA HUNT
METRO WORLD NEWS

3

3 Make those nooks and crannies multitask

You don't need an extra room to have a proper home office. Many apartments come with random, compact spaces that would actually better suit a desk and work of art (like in the photo on the right) rather than a large potted floor plant.



Choose your space savers wisely



5

Overdoing it with these can actually make your place look smaller and more crowded. Be strategic in what you buy — a magnetic knife bar and a pot and pan rack for the kitchen, for instance, or a few underbed storage boxes for the bedroom (but skip all the closet hanging bags, which can actually create more bulk).

Joseph Joseph
Nest of 8 preparation bowls
urbanoutfitters.com

4 Determine your focal point

4



Rather than loading your place down with lots of little quirky details, try making one big statement piece the centre of your place — a brightly coloured couch or grand dining table for instance — and decorating around that. It will reduce the sense of clutter while still displaying your sense of personal style.

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 **RICHARD PECKETT**
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

"Right, I'm off to bed." The question is, what exactly are you getting into? A luxurious Vi-Spring bed? Or perhaps a frightful, spongy creation that landlords lovingly provide for students?

Thinking about beds may seem like a trivial thing, especially if you consider a pal's sofa an ideal resting spot.

However, as renowned London back specialist Noël Kingsley explains, "The lack of support from sleeping on poor mattresses can cause the spine to twist, shorten or even lead to lumbar back pain and the pinching of nerves in the upper thoracic spine."

So, with those rather crippling comments in mind, let's find out what lies beneath one's slumbering self.

Lucy Helmore, the buyer for beds and furniture at the world-famous de-

partment store Harrods, advises that the finest mattresses are packed with variable compositions of "horsetail hair, Shetland wool, bamboo, cotton, cashmere, latex and steel springs. Generally, I would avoid man-made materials because they're not as breathable."

However, there is one exception and that's the space-age memory foam mattress. The plus side of this rather cerebral-sounding bed-fellow are that, "it moulds perfectly to the body and remains stable even if you are sleeping next to a wiggly partner. But beware. Memory foam can make for a rather hot night!" explains the buyer.

It's obvious but if you invest more money into a bed, you will guarantee not just a finer product but you'll also wake up refreshed and well-rested.

If you have ever wondered how royals and the super-rich sleep at night, look no further than the Vi-Spring Majesty priced

for around \$111,400 — that's the same as a premium car or a holiday home in a former Soviet bloc.

While most of us can only dream of drifting away on the Majesty, we'll probably have to settle for an inferior high-street king or queen size bed.

But why the regal name? "Historically, the

bedroom was where royals conducted business," Helmore says.

It's rumoured that kings literally got into bed together to seal deals. Yes, the royals have always kept things cosy but they were right about one thing and that's the importance of a bloody good bed.

Sleeping beauty

As told by Noël Kingsley, teacher of the Alexander Technique (for posture)

1 Posture: Sleeping on your stomach should be avoided as this can squash the ribcage and cause neck tension and pain.

2 Soft or firm: If one sleeps on the side, two pillows may be necessary for sufficient support as there can be a distance of 10 cm from shoulder to side of head.

3 Reading support: It's best to be supported by two or three pillows behind your back. Sit up, relax your arms and keep your neck free.

4 Showroom test-drive: Remember: you need to lie down on a bed for at least 15 minutes.

5 The long and short of it: A short bed can cause cramp and a shortening of the spine. Remember that if you are of a heavier build, a firmer mattress may be preferable.

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Make a wine crate display case

- Turn your drinking habit into home decor fun
- Create shelving for favourite books, knick-knacks

DIY IDEAS

No matter what size our home is, most of us are always in need of more storage space.

Rather than covering up more precious counter-space, Design Sponge contributors Derek Fagerstrom and Lauren Smith decided to add wall shelves made from recycled wine crates they found at their local wine shop.

To add more detail, Lauren and Derek lined the back of the shelves with colourful, inexpensive gift wrap to act as a backdrop for their favourite books and tiny treasures.

Steps

1. Use a tape measure to measure the interior of each crate to make sure you have enough fancy paper to line all of them.

2. Next, draw out the measurements in pencil on the back of the paper.

In order to avoid any potential gaps along the interior edges, add a one-inch allowance as follows.

Long sides: Add one inch to each of the three edges that border the interior of the box.

Short sides: Add one inch to the edge that borders the back of the box. Back piece: No allowance.

3. Using a straightedge and an X-ACTO knife, carefully cut out each piece of lining

paper (five per box).

Create fold lines by scoring along the one-inch allowance with a bone folder.

Finally, miter each of the interior corners at the allowance by cutting a 45-degree angle from the outside edge in.

4. In a well-ventilated area, apply spray adhesive to the back of each of your long pieces.

Place them carefully inside the box, lining up the folded edges with the inside edges of the box, and smoothing out any air bubbles that may appear in the paper.

Next, spray and apply the short pieces. At this point, all four sides of the box will be lined, and the back will have a one-inch

What you'll need:

► Cost: \$10

► Time: 1 hour

Materials:

Tape measure,
Wine crates,
Gift wrap or fancy paper,
Pencil,
Straightedge,
X-ACTO knife,
Bone folder,
Spray adhesive,
Sawtooth hangers (1 per
crate),
Hammer,
Small nails (2 per sawtooth
hanger),
Rubber bumpers (2 per
crate)
Hanging hardware (1 per
crate)

border all the way around it.

The last step is to spray and apply the back piece to the box.

Smooth away any air bubbles and let dry com-



► Some see only wine crates. We see potential shelves.

pletely before proceeding to the next step.

5. Decide on the orientation of your boxes, and attach a sawtooth hanger along the top edge of the back of each box using a hammer and small nails.

Apply peel-and-stick rub-

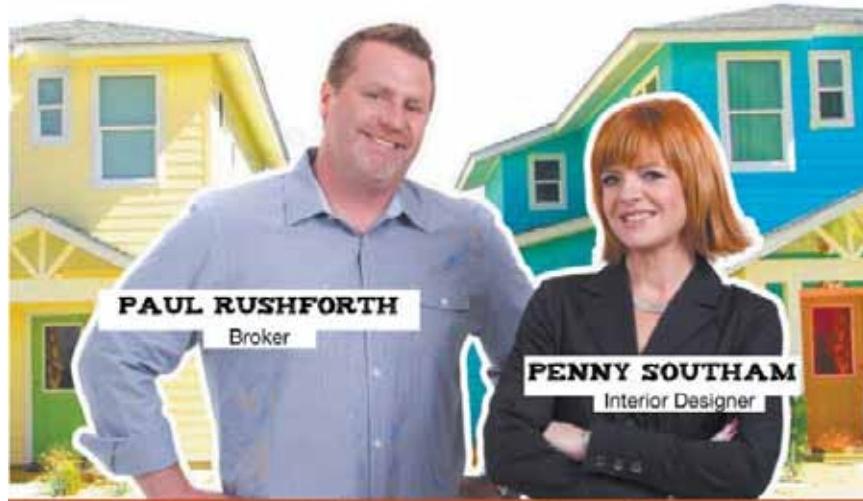
ber bumpers at the bottom corners on the back of each box, to ensure that they hang flat against the wall.

6. Mark the position of each box on the wall with a pencil and attach the boxes using the appropriate hanging hardware.

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"I can't believe how much we accomplished. We've lived in our home for years and didn't do anything, and that could have gone on forever. This motivated us to do stuff we were procrastinating about."

– Chris Renwick, Episode 3

Why air your dirty laundry?

► Get your clothes off the floor once and for all ► Laundry hampers can be decorative, useful and fun

When we were young, "laundry hamper" might have referred to the floor under the bed.

A little later, it may have meant a mesh sack kept by the front door, with a pouch full of quarters for the laundromat.

But we are grown-ups now. An attractive receptacle for the day's castoffs is one of the small civilized gifts we give ourselves.

It's generally a modest investment that banishes the chaos, and brings in the calm that is the hallmark of a well-kept home.

For contemporary bath or bedroom suites, consider Bed, Bath & Beyond's sophisticated black faux leather hamper with removable basket, or West Elm's sleek white lacquered cylindrical hamper.

(bedbathandbeyond.com, \$79.99; westelm.com, \$99)

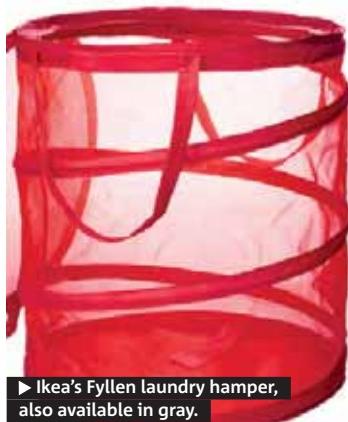
Hampton Bay has a beautiful tilt-door double hamper that's really a piece of furniture; it would work as a vanity as well, and comes in white or hazel wood finish. (home-decorators.com, \$209)

A nice willow hamper from Seville has a hinged lid, and comes in white or natural. (bedbathandbeyond.com, \$39.99)

Seville also makes a professional-looking three-bag rack on a sturdy metal frame, complete with telescoping hanging rack and locking wheels. (seville-classics.com, \$59.99)

Ikea has the Lillangen tall-boy cabinet with port-holes for laundry, perfect for a tight narrow space.

The Fyllen basket in



► Ikea's Fyllen laundry hamper, also available in gray.



► The Redmon Stars and Moon vinyl hamper — perfect for the nursery.



► Ikea's Lillangen laundry hamper.

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Create a house of horrors

► Give your home a spooky haunted chic for Halloween visitors



SALLY MORRIS

LIFE@METRONEWS.CA

METRO WORLD NEWS IN NEW YORK

Want to turn your humble abode into a haunted house? Lifestyle expert Kelly Moore offers easy tips for eerie entertaining this Halloween.

Mummify your chairs

"Using tea bags and warm water, stain several rolls of white gauze to make it look

like they've been buried underground for years. Simply wrap the chairs with the gauze and secure it in place using poster strips."

Create a centrepiece with freaky literature

"Stack scary old books such as Frankenstein and Dracula on tables and benches in the home. Add a few candles on top of the stack to help add height and dimension."

Invoke abandoned mansion chic "Stretch out thin layers of cotton and secure it in place using Command mini hooks. Then add plastic spiders and other creepy crawlers."

Make eerie mood lighting "Cut Halloween shapes, such as cats and bats, out of black construction paper. Then adhere them to the inside of an inexpensive lampshade using poster

Craft fun pumpkins

Why opt for a typical jack-o'-lantern?

► Get the step-by-steps on how to make a jack-o'-totem, a chic silhouette pumpkin and more at HGTV.com/halloween.

strips. When the lamp is turned on, spooky shadows will illuminate the room."



► Give your treat-or-treaters something to remember.

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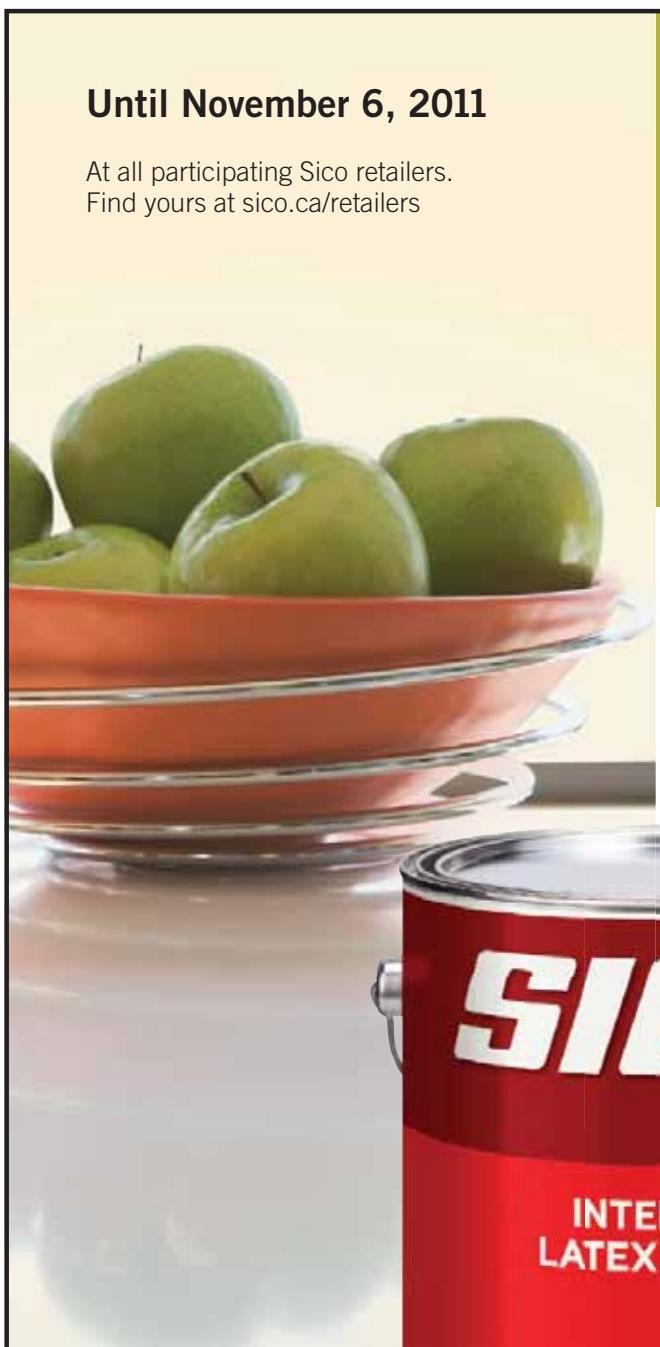
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The art of mashed potatoes

► These recipes prove the side dish can be the star of the show ► Try topping meatloaves with the starch

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA



Sometimes, meat isn't your only leftover. If you have a pot of leftover mashed potatoes, try these Mashed Potato Topped Jumbo Meatloaves.

Preparation:

- 1** In bowl, mash potatoes and $\frac{1}{4}$ cup (50 mL) of the broth; set aside.
- 2** In skillet over medium heat, melt butter and cook shallots, garlic, pepper, oregano and
- 5** Sauce: Return skillet to medium high heat and

thyme for about 3 mins. or until softened. Let cool slightly.

3 In bowl, combine egg, remaining broth, bread-crumbs, cheese, salt and pepper. Add beef and shallot mixture and mix with until combined.

4 Divide mix among 6 sprayed jumbo muffin tins and press down to flatten. Top each with about $\frac{1}{3}$ cup (75 mL) of mashed potatoes. Bake in 375 F (190 C) oven 35 mins. or until meat thermometer reaches an internal temperature of 160 F (75 C) and meat is no longer pink inside.

5 Sauce: Return skillet to

melt butter. Cook mushrooms, thyme, salt, pepper 10 mins. Stir in flour and cook, 1 min. Pour in broth and cream and bring to a simmer. Simmer 3 mins. or until slightly thickened. Serve with meatloaves. **EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA**

Ingredients:

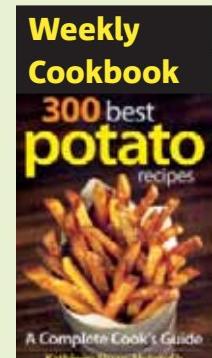
- 1 tbsp (15 mL) butter
- 2 shallots, finely chopped
- 3 cloves garlic, minced
- Half yellow pepper, diced
- 1 tsp (5 mL) dried oregano leaves
- $\frac{1}{2}$ tsp (2 mL) dried thyme
- 1 egg, lightly beaten



► This recipe serves six.

Mushroom Sauce

- 1 tbsp (15 mL) butter
- 1 pkg (8 oz) button mushrooms, thinly sliced
- $\frac{1}{4}$ cup (50 mL) freshly grated Parmesan cheese
- Pinch each salt, pepper
- 1 lb (500 g) lean ground beef
- 2 cups (500 mL) leftover mashed potatoes
- $\frac{1}{2}$ cup (125 mL) each beef broth and 18% table cream



Calling all potato lovers — Kathleen Sloan-McIntosh has just the book for you. *300 Best Potato Recipes* (Robert Rose, 2011) boasts a collection that runs the gamut from instructing on classics — the perfect mashed, baked, roasted and fried potatoes — to introducing innovative and modern dishes.

Enjoy recipes such as: African Sweet Potato and Peanut Soup, Mum's Potato Breads, Green Chile Curry with New Potatoes.

► Stray from stir-fry tradition by using potatoes instead of noodles or rice ► Employ fall ingredients

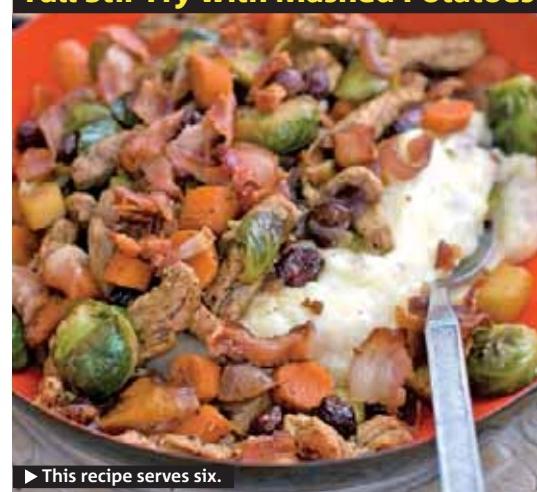
Preparation:

1 In a large, deep skillet over medium-high, cook bacon until crisp, about 5 minutes. Use a slotted spoon to transfer bacon to a paper towel-lined plate to drain, leaving fat in skillet. Over medium-high, add pork strips and sear to brown, about 2 minutes. Transfer pork to a plate; set aside.

2 Reduce heat to medium; add onion, sage and cinnamon. Cook for 5 minutes or until onion begins to brown at edges. Add carrots and brussels sprouts and sauté for 5 to 6 minutes or until starting to brown. Add broth, then cover and cook for 10 minutes.

3 Return pork to pan, add cranberries, then cook,

Fall Stir-Fry with Mashed Potatoes



uncovered, for another 5 to 6 minutes or until pork has a hint of pink in centre. Season with salt and pepper to taste.

Serve over mashed potatoes, crumbling bacon on top.

● **EMILY RICHARDS / THE ASSOCIATED PRESS**

Ingredients:

- 250 g (8 oz) side bacon strips
- 340 g (12 oz) pork tenderloin, cut into thin strips
- 1 red onion, sliced
- 5 ml (1 tsp) dried sage l
- leaves
- 2 ml (1/2 tsp) ground cinnamon
- 500 g (1 lb) carrots, peeled and cut in 1-cm (1/2-inch) chunks
- 500 g (1 lb) brussels sprouts, quartered
- 125 ml (1/2 cup) chicken broth
- 125 ml (1/2 cup) dried cranberries
- Salt and black pepper
- Mashed potatoes, to serve

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SPECIAL INFORMATION FEATURE

PHOTOS BY SEAN SISK/FOR METRO

Beer treats

► Plan a Halloween party worthy of a cult following with these lager and ale suggestions



JEFF
O'REILLY
FOR METRO

As a child, dressing up and trick-or-treating would yield an unthinkable variety of treats that you wouldn't normally enjoy, so why should this change as an adult?

Save the everyday beers for your regular parties, as this is clearly a very special drinking occasion and your beverage selection should reflect your adventurous side ... after all, the best thing a Silver Bullet can do for you on All Hallows Eve is kill a werewolf.

A Halloween party is an opportunity for you to host the most creative and colourful bash of the year.

After you take the time to find the right costumes, lighting, decorations, party favours, and frightfully fun

music and a cast of ghouls and guys to make your Halloween party absolutely spook-tacular, why stop there when the LCBO offers up a wicked selection of beers that can make your party a bloody success.

Devil's Pale Ale (Great Lakes Brewing, Ont.) has a huge 666 on the label and a clever inspired brewing concept — the beer is the colour of a deep mahogany coffin with tan foam cap. It will take your taste buds on a terrifyingly fun roller-coaster ride.

Hobgoblin (Wychwood Brewery, England) is the "Unofficial Beer of Halloween." This legendary British craft ale is a deep ruby copper with light tan head, which is silky smooth and full-bodied supernaturally delicious.

Dead Guy Ale (Rogue Brewing, U.S., with a tip of



► A collection of beers you may want to serve at your Halloween party this weekend.



► Scary characters display some of the wicked selection of beers you may want to try this Halloween.

the hat to the Grateful Dead). This world-class Maibock from Oregon is an eerily hazy amber colour with a tight white head — very smooth with a subtle after bite.

The Mort Suite Brewery in Belgium provides two Lambic fruit beers that both pour a dull, blood red with pink tinged lacing and will cure your morbid obsession for candy treats. Mort Subite translates to "Sudden Death" and its Framboise is jam-packed with explosive and fizzy raspberry tartness and notes of oak and vanilla. Its Kriek will definitely provide the sugar rush you may be craving. Sharp, tart sour mixes with ripe dark cherry sweetness and a mouth-puckering dry finish — perfect to pair with dark chocolate.

St. Ambroise Pumpkin



► Beau's All Natural Brewing has its Split Seven Inch Series, which features Dr. Jekyll and Mr. Hyde.

Ale (McAuslan Brewery, Que.) is a seasonal classic pours clear, deep amber with a tight white head. Scrumptious and sweet with bright splashes of cinnamon and nutmeg with hints of banana bread highlight a liquid baked pumpkin pie drinking experience.

Beau's All Natural Brewing (Vankleek Hill, Ont.) presents its Split Seven Inch Series — a frighteningly awesome kit that features two new organic beers — Dr. Jekyll and Mr. Hyde.

Dr. Jekyll enjoys all the best split personality traits of Beau's Lugtread Lagered Ale and NightMarzen in

this brassy brew with huge, white bubbling head. Refreshing and sessionable, the beer has grassy clean citrus hoppiness and toasty bready malt undertones that accentuate the pure beer enjoyment that Beau's always delivers.

Mr. Hyde is a potent marriage of German rye beer and West Coast IPA styles. The spiciness of the rye is the star here — earthy/woody tones mute the prickly piney hops while delicate lemon rind and bold rye continue to dance right through the finish. This is one howl of a good beer.

So if the things that go bump in the night are people fleeing from your lame party — don't blame me — my evil laboratory will definitely be rocking.

Happy Halloween!

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Everyone welcome at Sanguiccio's



SAMANTHA
EVERTS
FOR METRO

All the locals know Sanguiccio's is the way to go!

Little Italy delicatessen Sanguiccio's is a neighbourhood gem frequented by construction workers to diplomats daily.

Charismatic owner Genio Ienzi can be found behind the counter chopping vegetables and welcoming everyone with the same warm smile, treating you as an old friend, not customer.

"Good to see you again," he will call out as you enter his shop.

Sanguiccio's specialty is Italian-style sandwiches; simple, delicious sandwiches with the fresh quality ingredients using crusty Art-Is-In Rosemary-

Delicatessen

- Family-run delicatessen-café offers delicious and healthy Italian-style sandwiches and strong espresso.
- All day breakfast sandwich with homemade sausages is available.

garlic bread. Try the "MLPT," or mortadella, provolone, lettuce and tomatoes.

Relax and joke with the owner as he slices generous portions of Italian cold cuts.

A delicious take on the tuna sandwich, his has no mayo but capers, olives and tomato. "I like to keep it simple," says Ienzi.

All are served with a wonderfully marinated

side salad with perfectly ripe tomatoes, cucumbers and olives. The vegetarian option is exceptional, stuffed with veggies like spicy eggplant, roasted peppers, thick slices of cheese and a dab of his famous hot sauce, jars of which are sold in store.

Being a popular, family-run shop, things run out quickly, like popular prosciutto, but Ienzi will come around the counter with an espresso on the house and an even better option.

"I only sell what I like to eat," says Ienzi, who clearly takes much pride from seeing his customers enjoy his food. And trust us, you will.

Expect to wait at least 10 minutes. Daily specials and a children's menu are available. Cash only.



► The vegetarian sandwich at Sanguiccio's, a neighbourhood gem in the heart of Little Italy with delicious Italian-style sandwiches.

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The Oct. 29 LCBO Vintages' release focuses on the varied American Viticultural Areas (AVAs) of Sonoma, Calif., from the broader regions, such as Sonoma Coast, to more specific areas, such as the cool Russian River Valley.

With the holiday season approaching, count on this release to offer party wines for crowds

large or small and for every budget.

Louis Bouillot 'Perle Rare Brut' Crémant de Bourgogne, France (LCBO 178137, \$19.95)
► Pop the cork on this classic fresh, lively sparkler.

Sabor Real Tempranillo 'Viñas Centenarias' 2007, Spain (LCBO 244772, \$15)
► An exceptional value delivering structure, balance, ripe fruit and subtle spice.

Natura Chardonnay, Chile (LCBO 61895, \$15.95)

► Unoaked, organic, zesty, with emphasis on apple and citrus.

Mitolo 'Jester' Cabernet Sauvignon 2010, Australia (LCBO 43244, \$21.95)

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Gluten: An important part of nutrition



There seems to be concern and confusion regarding gluten in the diet.

First, what is it?

It's a protein, found mainly in wheat, but also in other grains such as barley and rye. As such, it is for most people a healthy part of their diet, particularly for those who wish to avoid meat. Thanks to the early domestication of wheat, it has been an important source of human nutrition since the begin-

ning of organized agriculture, some 10,000 years ago.

Because it is an exceptionally long and strong molecule, it provides the qualities that make bread rise and form a robust loaf without crumbling. A sandwich would be impossible without the latter characteristic.

But why is there concern and avoidance of gluten in the diet by some?

For the one to two per cent of the population with celiac disease, they should definitely avoid all products containing gluten. There are also people with a wheat allergy, estimated to be less than 10 per cent of the population, who can overcome

this hardship with standard allergy treatment, but gluten avoidance is probably a wise dietary choice.

Furthermore, less than one per cent of the population suffers from gluten-sensitive idiopathic neuropathy and should avoid products containing wheat. Also there is inconclusive evidence that those with autism can have this affliction aggravated with gluten.

However, there is no peer-reviewed research that provides any grounds for concern beyond the three or possibly four conditions mentioned above. As food products that contain no wheat components are labelled as gluten free

to assist such people, the logic then seems to flow that if gluten is to be avoided by some, then it's best for the remaining 85 per cent of the population to be on the safe side and reduce or eliminate such products from the diet.

The bottom line is that everyone is free to choose what they eat and if an individual wishes not to consume gluten, the choice is theirs. However, given the effort involved to avoid this very common food ingredient, the majority of

people should perhaps relax on the gluten issue and direct their concern to other, more critical dietary matters.

● MAURICE HLADIK IS THE AUTHOR OF THE SOON TO BE PUBLISHED BOOK DEMYSTIFYING FOOD FROM FARM TO FORK.

Reel Food Festival aims to educate, entertain

SAMANTHA EVERETS
FOR METRO

The Morgan Spurlock film *Supersize Me* may have grabbed your attention (and grossed you out) over food security issues in 2004, but what's being done in the heartland of America since?

The Reel Food Festival has once again returned to the Ottawa Public Library with the intention of education and entertaining people with "food issues" like themselves.

The films presented seek to explore a more sustainable way of producing food needed to survive. Assorted short films will be presented among the features today at the Metcalf branch on the final day of the festival.

Feature documentary film *Fresh: The Movie* celebrates and explores the way farmers, writers and entrepreneurs are reinventing the food system from the way they farm to what is sold in grocery stores. Each of the individuals interviewed has witnessed the rapid changes from an agricultural to industrial model, and experienced the consequences like food contamination, environmental impact, and obesity.



► Activist and urban farmer Will Allen, recipient of the MacArthur Genius award, is featured in *Fresh: The Movie*, which explores the way farmers, writers and entrepreneurs are reinventing the food system.

"Cheap food is an illusion. The real cost of the food is paid somewhere," Michael Pollan, author of *The Omnivore's Dilemma*, says in the film.

By documenting healthier, sustainable and alternative ways producers in America have succeeded, Canadians will easily relate, say festival organizers.

The film begins at 6 p.m. and is presented with

support from Just Food, the Good Food Box, USC Canada and One World Arts. They will be there with information and to answer questions about what you can do on a local level. Admission is free, but a \$5 donation is suggested.

The Ottawa Public Library Main Branch is located at 120 Metcalf St. For more information, see reelfoodfilmfestival.ca.

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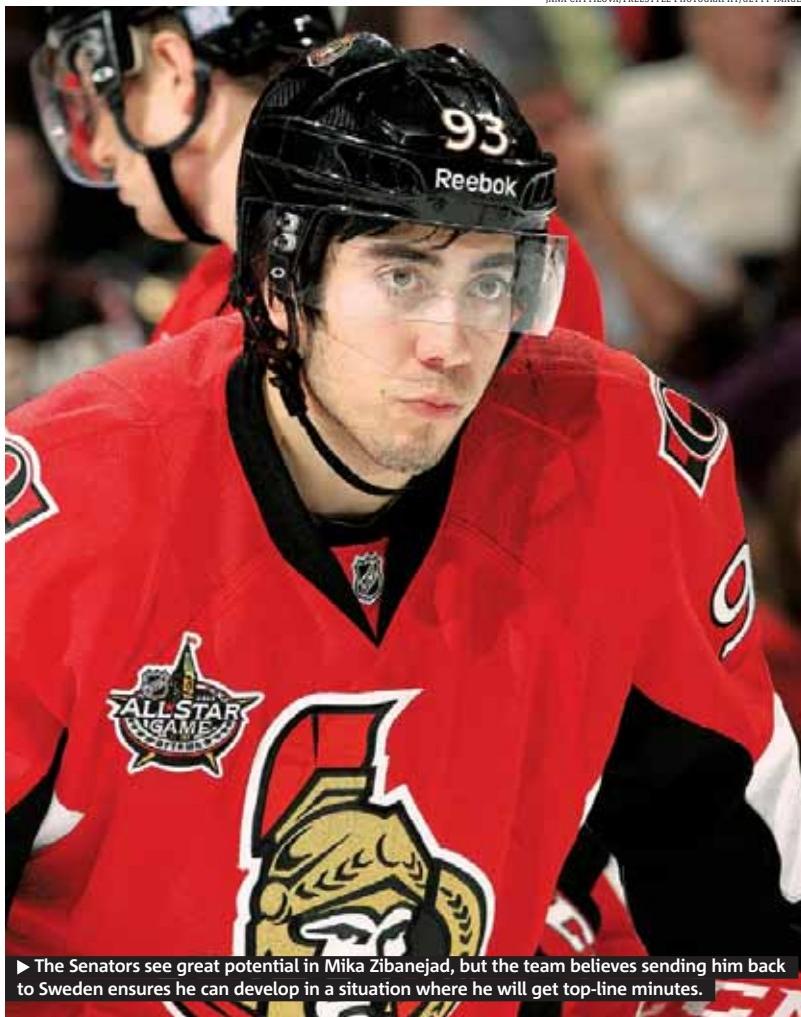
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Scan code for more sports.

The future will have to wait



► The Senators see great potential in Mika Zibanejad, but the team believes sending him back to Sweden ensures he can develop in a situation where he will get top-line minutes.



"I think the reason we're probably sending him back is that we want him to have the puck, we want him to have a chance to score points, to be a legitimate top-six NHL player."

SENATORS GM BRYAN MURRAY
ON THE DECISION TO SEND MIKA ZIBANEJAD BACK TO SWEDEN

PAUL SANCYA/THE ASSOCIATED PRESS



► Workers roll a tarp at Busch Stadium in St. Louis yesterday.

Series delayed in soggy St. Louis

Game 6 of the World Series was postponed yesterday because of a wet forecast, delaying the Texas Rangers' bid to clinch their first championship.

Major League Baseball announced the decision about 4 1/2 hours before the Rangers and St. Louis Cardinals were set to play. At the time, no rain had fallen at Busch Stadium, but heavy precipitation was expected.

Texas leads the Series 3-2. Game 6 was rescheduled

for tonight at 8:05 p.m. If necessary, Game 7 will be played tomorrow night.

"Because of the forecast, there was no reason to wait

any longer," said Joe Torre, MLB's executive vice-president of baseball operations.

Torre said he told managers Ron Washington of

► Sens send top-pick Zibanejad back to Sweden for further development

It wasn't the decision Mika Zibanejad was hoping for, but one he accepted with grace.

The Ottawa Senators sent their 2011 first-round draft pick back to Swedish club team Djurgardens yesterday rather than burn the first year of his entry-level contract.

Zibanejad appeared in nine games for the Senators this season, registering one assist and a minus-3 rating. A tenth game with Ottawa would have meant the 18-year-old was sticking in the NHL.

"I really wanted to stay but they have more experience in this stuff than I do," said Zibanejad, who was taken sixth overall at June's draft. "I think this is best for me and I'm excited to go back home."

The Stockholm native played his ninth and final game with the Senators on Tuesday night in Carolina.

Ottawa can't recall him until his European season is over, unless it's under emergency circumstances.

Djurgardens has assured the Senators that Zibanejad will play a crucial role, including first-line minutes and power-play time.

"He might not reach that status with our team this year," said Senators general manager Bryan Murray.

"We think for the long-term development of him, to give him an opportunity to become what we believe he has a chance to become,



PANTHERS SENATORS

► Time: 7:30 p.m.
TV: Sportsnet
Radio: Team 1200

► The Senators (4-5-0) look to extend their winning streak tonight when they host Florida (5-3-0). Part of Ottawa's improved play can be attributed to the power play, currently ranked No. 1 in the NHL at 10-for-32.

and that is a quality NHL player, that this is the right step for him at this moment."

While he would have enjoyed the chance with the Senators, Zibanejad looks at the decision as an opportunity for personal growth.

"I guess I get a bigger role back home and I feel comfortable with the game and I feel comfortable with everything outside the ice and just focusing on improving my game," he said. "It's sad, but on the other hand it's a good thing for me and a good option for me to improve my game."

Zibanejad is eligible to represent Sweden at the world junior hockey championship in Alberta this winter.

THE CANADIAN PRESS

Game 7 scenarios

The extra day may lead to more intrigue over who will pitch for St. Louis should the Series go to Game 7.

- Rangers manager Ron Washington already has said Matt Harrison would start.
- Kyle Lohse would be on regular rest but has struggled in the playoffs for the Cardinals. Chris Carpenter, who allowed two runs in seven innings in Game 5, has volunteered on short rest.

NATIONAL HOCKEY LEAGUE**EASTERN CONFERENCE**

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Pittsburgh	11	7	2	1	1	33	22	16	3-1-10	4-1-0-1	6-2-1-1	W4
d-Washington	7	7	0	0	0	30	14	14	5-0-0	2-0-0	7-0-0	W7
d-Toronto	8	5	2	1	0	26	27	11	4-0-0	1-2-0	5-2-1-0	L1
Philadelphia	8	5	2	1	0	29	21	11	2-2-1-0	3-0-0	5-2-1-0	W1
Buffalo	8	5	3	0	0	23	17	10	1-2-0	4-1-0	5-3-0-0	L2
Florida	8	5	3	0	0	20	19	10	2-1-0	3-2-0	5-3-0-0	W2
Tampa Bay	9	4	3	0	2	29	30	10	2-1-0	2-2-0	4-3-0-2	W3
New Jersey	7	4	2	0	1	16	9	2-1-0	2-1-0	4-2-0	1-1	W1
Carolina	9	3	3	2	1	24	30	9	1-1-0	2-2-2	3-3-2-1	L3
NY Rangers	7	3	2	1	1	14	13	8	0-0-0	3-2-1	3-2-1-1	W1
Ottawa	9	4	5	0	0	27	36	8	3-2-0	1-3-0	4-5-0-0	W3
NY Islanders	7	3	4	0	0	14	17	6	3-2-0	0-2-0	3-4-0-0	L3
Boston	8	3	5	0	0	19	16	6	2-4-0	1-1-0	3-5-0-0	L1
Winnipeg	8	2	5	0	1	17	27	5	2-2-0	0-3-0	2-5-0-1	L1
Montreal	8	1	5	1	1	18	26	4	0-3-1	1-2-0	1-5-1	L6

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Dallas	9	7	2	0	0	22	17	14	4-0-0	3-2-0	7-2-0	W1
d-Colorado	8	6	2	0	0	26	20	12	0-2-0	6-0-0	6-2-0	W1
d-Chicago	8	5	1	0	2	27	20	12	3-0-2	2-1-0	5-1-2	W1
Los Angeles	8	5	2	0	1	17	13	11	3-2-0	2-0-1	5-2-0-1	L1
Detroit	7	5	2	0	0	20	18	10	3-0-0	2-2-0	5-2-0	W1
Edmonton	8	4	2	0	2	16	14	10	3-1-0	1-1-0	4-2-0-2	W2
Anaheim	8	4	3	0	1	18	21	9	3-2-0	1-1-0	4-3-0-1	L3
Minnesota	8	3	2	2	1	18	20	9	2-1-0	1-1-1	3-2-2-1	L1
Vancouver	9	4	4	0	1	24	26	9	2-1-0	2-3-0	4-4-0-1	L1
San Jose	7	4	3	0	0	21	17	8	1-2-0	3-1-0	4-3-0-0	W3
St. Louis	8	4	4	0	0	22	24	8	2-1-0	2-3-0	4-4-0-0	W2
Phoenix	8	3	3	0	2	22	25	8	1-2-0	2-1-0	3-3-0-2	L1
Nashville	8	3	4	0	1	18	23	7	0-2-0	3-2-0	3-4-0-1	L1
Calgary	7	2	4	1	0	15	20	5	1-2-1	1-2-0	2-4-1	L2
Columbus	9	1	7	0	1	21	30	3	1-3-0	0-4-0	1-7-0	L8

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results

Philadelphia at Montreal

Colorado at Calgary

St. Louis at Vancouver

Tuesday's results

Edmonton 3 Vancouver 2

Ottawa 3 Carolina 2 (SO)

Tampa Bay 4 Buffalo 3

Columbus 4 Detroit 1

Pittsburgh 3 N.Y. Islanders 0

San Jose 3 Nashville 1

Chicago 3 Anaheim 2 (SO)

Dallas 3 Phoenix 2 (SO)

New Jersey 3 Los Angeles 0

Tonight's games

All times Eastern

Montreal at Boston, 7 p.m.

Columbus at Buffalo, 7 p.m.

Toronto at N.Y. Rangers, 7 p.m.

Winnipeg at Philadelphia, 7 p.m.

N.Y. Islanders at Pittsburgh, 7 p.m.

Florida at Ottawa, 7:30 p.m.

Tampa Bay at Nashville, 8 p.m.

Anaheim at Minnesota, 8 p.m.

Los Angeles at Dallas, 8:30 p.m.

Washington at Edmonton, 9:30 p.m.

New Jersey at Phoenix, 10 p.m.

Tomorrow's games

Chicago at Carolina, 7 p.m.

San Jose at Detroit, 7:30 p.m.

Edmonton at Colorado, 9 p.m.

St. Louis at Calgary, 9 p.m.

LATE TUESDAY**OILERS 3, CANUCKS 2**

First Period — No Scoring.

Penalty — Hansen Vcr (delay of game) 4:17.

Second Period

1. Edmonton, Eberle 1 (Hall, Potter) 1:53

2. Edmonton, Horcoff 1 (Smyth) 5:58

3. Edmonton, Hall 2 (Eberle, Nugent-Hopkins) 6:55

4. Vancouver, Hodgson 2 (Edler, Malhotra) 11:29

Penalties — Eager Edm (boarding) 2:22, Eager Edm (roughing) 7:42, D.Sedin Vcr (hooking) 12:26, Lapierre Vcr (hooking) 18:19.

Third Period

5. Vancouver, Burrows 3 (H.Sedin, Salo) 7:43

Penalty — Smid Edm (elbowing) 3:43.

Shots on goal

Vancouver 13 12 12 —37

Edmonton 10 7 5 —22

Goal (shots-saves) — Vancouver: Luongo (L-2-3)(15-12), Schneider (6:55 second; 7-7); Edmonton: Khabibulin (W-3-0-2).

Power plays (goals-chances) — Vancouver: 0-3; Edmonton: 0-3.

Referees — Mike Leggo, Don VanMassenhoven. Linesmen — Michel Cormier, Vaughan Rody.

Attendance — 16,839 (16,839) at Edmonton.

SCORING LEADERS

	G	A	PT
Kessel, Tor	9	6	15
Spezza, Ott	5	7	12
D.Sedin, Vcr	4	8	12
Vanek, Buf	7	4	11
H.Sedin, Vcr	3	8	11
Michalek, Ott	6	4	10
Tavares, Nyi	6	4	10
Giroux, Pha	5	5	10
Kopitar, LA	4	6	10
Skinner, Car	4	6	10
Backstrom, Wash	2	8	10
M.Bergeron, TB	2	8	10
Pominville, Buf	2	8	10
Doan, Pgh	6	3	9
Lupul, Tor	4	5	9
Versteeg, Fla	4	5	9
Seguin, Bos	3	6	9
Phaneuf, Tor	2	7	9
Karlsson, Ott	1	8	9
Pavelski, SJ	6	2	8
Nugent-Hopkins, Em	5	3	8
Dupuis, Pgh	3	5	8
Nash, Clb	3	5	8
Prosper, Clb	3	5	8
P.Sharpe, Chi	3	5	8
S.Louis, TB	3	5	8
Benn, Dal	2	6	8
P.Kane, Chi	2	6	8
Liegard, Nash	2	6	8
Letang, Pgh	1	7	8
Parenteau, NYI	1	7	8
Eriksson, Dal	5	2	7
Hossa, Chi	5	2	7
Elias, NJ	4	3	7
Franzen, Det	4	3	7
Lecavalier, TB	4	3	7
Stamkos, TB	4	3	7
Arnott, Stl	3	4	7
Cooke, Pgh	3	4	7
Gagne, LA	3	4	7
Ovechkin, Wash	3	4	7
Salo, Vcr	3	4	7
Weiss, Fla	3	4	7
R.Whiteley, Phx	3	4	7
Hall, Edm	2	5	7
Ott, Dal	2	5	7
Purcell, TB	2	5	7
Widehem, Wash	2	5	7
J.Williams, LA	2	5	7

Last night's games not included

CFL**EAST DIVISION**

	GP	W	L	T	PF	PA	PT
x-Winnipeg	16	10	6	0	386	375	20
x-Montreal	16	10	6	0	487	399	20
x-Hamilton	16	8	8	0	462	426	16
Toronto	16	4	12	0	337	460	8

WEST DIVISION

	GP	W	L	T	PF	PA	PT
x-Edmonton	16	10	6	0	384	352	20
x-B.C.	16	9	7	0	439	364	18
x-Calgary	16	9	7	0	449	425	18
Saskatchewan	16	4	12	0	307	456	8

x — clinched playoff berth.

WEEK 18**Tomorrow's game**

All times Eastern

Toronto at Winnipeg, 8 p.m.

Saturday's games

Hamilton at Saskatchewan, 3 p.m.

Edmonton at B.C., 10 p.m.

Sunday's game

Calgary at Montreal, 1 p.m.

WEEK 19**All times Eastern**

Cleveland at San Francisco, 4:15 p.m.

Cincinnati at Seattle, 4:15 p.m.

New England at Pittsburgh, 4:15 p.m.

Dallas at Philadelphia, 8:20 p.m.

Monday's game

San Diego at Kansas City, 8:30 p.m.

x — if necessary.

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NFL**AMERICAN CONFERENCE**

	W	L	T	Pct	PF	PA
New England	5	1	0	.833	185	135
Buffalo	4	2	0	.667	188	147
N.Y. Jets	4	3	0	.571	172	152
Miami	0	6	0	.000	90	146</

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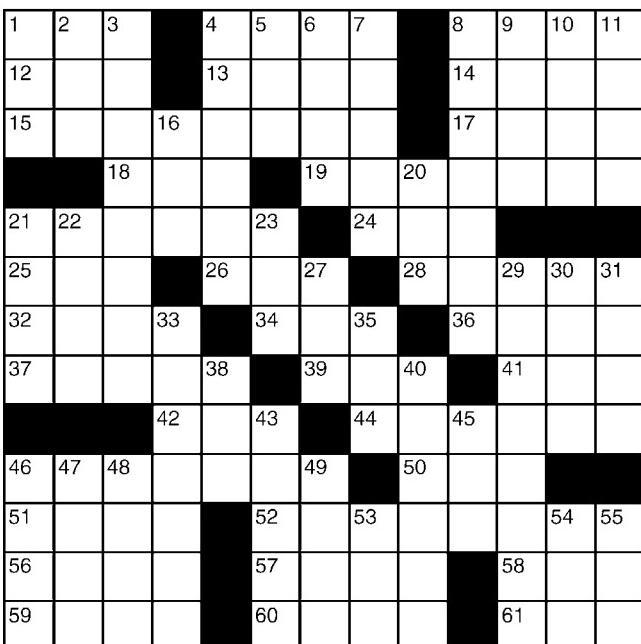
Crossword

Across

1 Sweet potato
 4 Wyoming neighbor
 8 Medicinal amount
 12 Id counterpart
 13 The Eternal City
 14 Physical
 15 Baby picture?
 17 Options list
 18 Raw rock
 19 Shenanigans
 21 Those who shun animal products
 24 Yuletide beverage
 25 Listener
 26 Car : jalopy :: boat : -
 28 Hayseed
 32 Memo acronym
 34 — de plume
 36 Queen of Carthage
 37 Madagascar critter
 39 Crony
 41 Cover
 42 Storm center
 44 "In Cold Blood" author
 46 Rues

50 Huge
 51 Berry touted as a superfood
 52 Type of 3-D image
 56 Collins or Donahue
 57 Eastern bigwig
 58 Hearty brew
 59 Carry
 60 Agts.
 61 Speedometer stat

Down
 1 "Of course"
 2 Past
 3 Decorative lettering



4 High-priority	29 Mass measure
5 Anderson's "High —"	30 Tend texts
6 Oriental nursemaid	31 Source of riches
7 Confine	33 Childish
8 Nearly divine one	35 Buddy
9 The yoke's on them	38 Catcher's place
10 Founded	40 Hercules had 12
11 Ostriches' kin	43 Old anesthetic
16 Man-mouse link	45 Glutton
20 Bliss	46 Engrossed
21 — scallopini	47 Reverberate
22 Relaxation	48 Pace
23 Baltimore newspaper	49 Unspecified amount
27 Jazzy style	53 Back talk
50 Huge	54 Matterhorn,
51 Berry touted as a superfood	55 Expression of disinterest

Today's horoscope



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Aries March 21-April 20 Avoid other people's quarrels today because you could find yourself drawn in deeper than you'd like.

Taurus April 21-May 21 It's not like you to seek approval but for some reason you crave the support of partners today.

Gemini May 22-June 21 At some point today, you'll realize you must stop what you are doing and reassess priorities. Be selective.

Cancer June 22-July 22 You don't have to be cynical today but you do have to watch out for Number One — that's you.

Leo July 23-Aug. 23 You don't have to face each and every situation alone. There are people you can turn to for support and advice.

Virgo Aug. 24-Sept. 22 Don't let your feelings get the better of you today. Above all, don't get taken in by a tale of woe.

Libra Sept. 23-Oct. 23 A lot is going on in your world but don't let it distract you from your main aim: improving your cash flow.

Scorpio Oct. 24-Nov. 22 It's OK to be angry with someone who has let you down but it's not OK to let it gnaw at you relentlessly.

Sagittarius Nov. 23-Dec. 21 Your confidence may be at a low ebb but it is only a passing phase.

Capricorn Dec. 22-Jan. 20 You don't have to go along with what other people suggest. You have a mind of your own.

Aquarius Jan. 21-Feb. 18 The Sun in Scorpio at this time of year can either make or break your reputation, depending on how clear your aims are.

Pisces Feb. 19-March 20 Any offer that sounds too good to be true most likely is a trick or an illusion. ■ SALLY BROMPTON

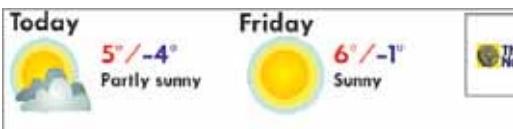
Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►



Today

5°/-4°
Partly sunny

Friday

6°/-1°
Sunny



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Damn you Willy Wonka, stupid bubble gum KIERON



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*Dream Partner,
 I have one Regret ---- Regret
 not having believed in us ;
 XOXOXOXO - you only
 know what you have until
 you lost it Are you lost or
 just disappointed or scared
 again ??? nothing is
 impossible ; Shall we ?:)
 FOREVER LOVING YOU*

*Sow low,
 We have had a rough time
 last month, but we made it
 through together. I hope we
 stay strong and can work
 through everything. There
 has been huge
 improvement in our
 relationship. I love u so
 muchy. Happy 1 year and
 10 months. SOW POW*

*Handsome,
 It's been years since I've last
 seen you and you still sneak
 into my thoughts. You are
 my only "what if" but not
 my regret, hope you found
 your good place as I am
 finding mine. FT. SASK GIRL*

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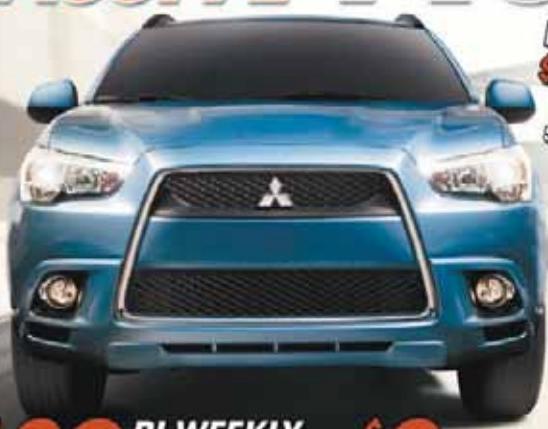
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